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The New Rules for
Wine & Food Pairing

page 28

Cook the Classics

- All-American Chicken Pot Pie
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EASY SPRING BRUNCH

LEARN A NEW TECHNIQUE
Salt-Crusted Fish

30-MINUTE MEALS

STEP BY STEP

Perfect French Macarons

Homemade
chicken pot pies,
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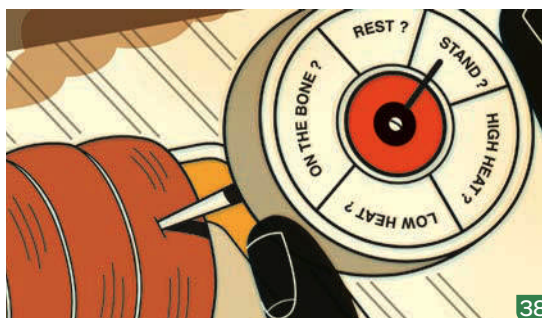
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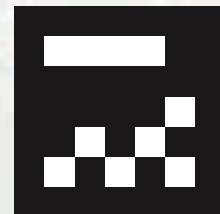


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Playing Favorites

IF YOU'RE LIKE ME, you have a favorite story in these pages, one you likely turn to as soon as you open the issue. For me, it's *Cooking Without Recipes*, a long-standing feature of ours, and now an award-winning one, too. *Cooking Without Recipes*: "Cheesecake," from our February/March 2010 issue, was recently honored with a silver Eddie award from *Folio* magazine for Best Single Article in the epicurean field. On our website, FineCooking.com, the *Cooking Without Recipes* concept morphs into the interactive Recipe Maker, which won a gold Eddie award from *Folio* for Best Online Tool.

In this issue, *Cooking Without Recipes* is all about Thai Curry and the dozens of ways you can vary the ingredients and flavors. Fast and easy (just about 15 minutes from wok to table), these fresh curries will be making regular appearances on your dinner table for a long time to come. But I might well say that about any number of the recipes in the pages that follow.

Celebrate Spring

From Easter and Mother's Day to graduations and showers, there are plenty of reasons in the next couple of months to have friends over and cook up a storm. For **an easy party that gets everyone cooking**, check out "Brunch in the Kitchen" (page 40). The idea is simple: Cooking together is both fun and efficient, since it makes quick work of any last-minute tasks. This festive menu puts the season front and center with a smoked trout and cucumber salad, indulgent poached eggs and mushrooms on brioche, and pancake soufflé muffins with strawberries.

Beyond Cupcakes

Cupcakes had their moment; now it's time they made way for macarons—**classic and classy little French meringue sandwich cookies**. Boston's Joanne Chang (whose new book, *Flour*, is an inspiration) shows us how to make the cookies, the fillings, and all sorts of variations on both, in a step-by-step cooking class (page 68). Don't miss her six tips to perfect macarons.

Something New

Ever tried **salt-crusted fish**? It's a simple technique that yields impossibly delicious, tender fish fillets (that aren't at all salty). We show you how, including which fish best lend themselves to the preparation, and then throw in three sauces if you're in the mood to gild the fish (page 48). And how about **lamb riblets**? When we tested the recipe on page 66 (from the inimitable Molly Stevens), it was the first time I'd had them, and now I'm hooked. Riblets are one of four underappreciated cuts of lamb just waiting to be discovered.

And then there's our cover recipe, **Classic Chicken Pot Pies**, little fantasies of rich chicken and vegetables in a silky cream sauce, baked under crisp, flaky pastry tops (page 86). New is good, but sometimes that best-ever classic is just the thing.



Laurie Buckle, editor
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@fc_Laurie

More Fine Cooking

COOK FRESH

Come mid-April, keep an eye out for our latest newsstand special issue and our newest iPad app, both called **Cook Fresh**. If you are a fan of this magazine, then you know how much stock we put in cooking with the best, freshest local foods. That simple idea informs the delicious recipes in these new releases and guarantees great food that's also good for you.

Photograph by Colin Clark

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—Becky Atckison, Glendora, California

We want to hear from you. Send us your best tip and we'll pick a winner from all the entries. Becky is the winner of this KitchenAid roasting pan.

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Cold Weather, Warm Kitchen

I've been a subscriber to *Fine Cooking* for many years, and your February/March issue was another example of why I love your magazine. With 12 inches of snow on the ground, meatloaf, one-pot dinners, and Chinese pork buns are perfect for the deep winter blues.

—Karen Gaylin, via email

Isn't It Ironic (and Salty)?

I am a big fan of your magazine; however, it was ironic that your February/March issue ran an article about reducing sodium in recipes (The Good Life: "A Pinch of Salt"), while some of the issue's recipes contained a lot of salt (the worst example is the Malaysian Chicken and Rice). Indulgences are fine for special occasions, but for daily fare, I encourage you to feature lower-sodium options.

—Kathy Seeburger, Corvallis, Oregon

Cream of the Crop

The Creamed Spinach in your February/March issue couldn't have been easier to whip up, and the smell of the garlic-infused béchamel was irresistible. We were so impressed at how delectable it was—better than any restaurant version.

—Cristina Fernandez, Louisville, Kentucky

Meatloaf Mania

I made the Stout and Cheddar Meatloaf (February/March) and followed the recipe to the letter. The kids loved it, and my husband, who hates meatloaf, raved about it. I'm going to make another and put it in the freezer.

—Dana Lunak, Furlong, Pennsylvania

We made the Southwestern Spicy Pork & Bell Pepper Meatloaf (February/March), and it was wonderful. We hadn't made meatloaf for years, since it's usually just OK, but the ingredients in this one made for complex and layered flavor. Using more than one meat made it moist and delicious, and the chipotle glaze set it apart.

—Scott and Ruth Walker, Omena, Michigan

The Turkey, Bacon, and Fennel Meatloaf (February/March) was fantastic. We loved the fennel flavor and the bacon, which kept the meatloaf incredibly juicy. My husband has already asked me to make it again.

—Tamara Prato, Lino Lakes, Minnesota

Grateful for Grains

Thanks for your "Grain Guide" in the February/March issue. As a vegetarian for 40 years, I know there are a lot of great-tasting vegetarian dishes out there, and it's good to finally see them on your pages.

—Bob Chapin, Preston, Connecticut

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David Burke (“Chicken Pot Pie,” page 84) is the chef-owner of several critically acclaimed restaurants, including David Burke Townhouse and Fishtail

in New York City. He has written two cookbooks, *Cooking with David Burke* and *David Burke’s New American Classics*.

- **My favorite ice cream flavor is...** home-made maple-bourbon with walnuts.
- **To a cookout, I’d bring...** “angry lobster.” It’s lobster that’s marinated in chile oil and spices, then grilled.
- **The strangest thing I’ve ever eaten was...** live octopus. It stuck to my throat, so I had to wash it down with brandy.



Fine Cooking contributing editor **Tony Rosenfeld** (“Salt-Crusted Fish,” page 48) is a co-owner of b. good, a Boston-based fast-food chain featuring

healthy, locally sourced, high-quality burgers. He’s also the creator of cookangel.com, a culinary trouble-shooting website.

- **If I weren’t a cookbook author, I’d be...** playing for Madrid’s professional soccer team, Real Madrid.
- **The strangest thing I’ve ever eaten was...** pig’s ears. They’re so big you can’t exactly push them around your plate.
- **My guilty pleasure is...** rum punch with coconut and freshly grated nutmeg.



Joanne Chang (“Macarons,” page 68) is the chef-owner of Boston’s award-winning Flour Bakery, and co-owner of Myers + Chang, a Chinese restaurant, with

her husband, Christopher Myers. Her first cookbook, *Flour*, came out last October.

- **My least favorite food is...** hazelnuts; they taste old and musty to me.
- **My guilty food pleasure is...** Sour Patch Kids.
- **My desert island food is...** coffee ice cream. In fact, I want to be surrounded by pints of it on my deathbed.



Philadelphia-based sommelier and wine writer **Marnie Old** (“The New Rules,” page 28) is the author of *Wine Secrets*, and the co-author of *He Said Beer, She*

Said Wine, a book about food and drink pairing.

- **Three things that are always in my refrigerator are...** Vietnamese nuoc mam sauce, very garlicky hummus, and Sriracha.
- **I’m currently obsessed with...** pork products. I call them vitamin P, and no day is complete without them.
- **If I weren’t a wine writer, I’d be...** a geography professor.



Master baker and pastry arts instructor **Carole Walter** (“Pound Cake,” page 30) is the author of four cookbooks, including the James

Beard Award-winning *Great Cakes*, and *Great Pies & Tarts*, an International Association of Culinary Professionals Award finalist.

- **Three things that are always in my refrigerator are...** butter, nuts, and chocolate, and I’m hardly ever without a brownie in my freezer.
- **The last thing I ate was...** rack of lamb, mushroom risotto, and chocolate caramel tart; last night’s dinner certainly wasn’t shabby.
- **My drink of choice is...** Johnny Walker Black, on the rocks.



Ellen Weinstein (“The New Rules,” page 28) is an award-winning illustrator who lives in New York City and exhibits in galleries in the United States and Italy.

- **The dish I most want to learn to cook is...** anything. My husband does most of the cooking.
- **My latest food discovery is...** steak; I was a vegetarian for a while.
- **If I weren’t an illustrator, I’d be...** sad. I really love my job.



Bill Telepan (“Brunch in the Kitchen,” page 40) is chef-owner of Telepan restaurant in New York City. He earned his cooking

chops studying in France and then working in the kitchens of Le Cirque, Le Bernardin, and Gotham Bar and Grill, all in New York City.

- **My guilty food pleasure is...** nothing! What’s to be guilty about?
- **The dish I most want to learn to cook is...** my mom’s stuffed cabbage.
- **My biggest food-related pet peeve is...** when people season food before tasting it.



Fine Cooking contributing editor **Molly Stevens** (“Butcher’s Best,” page 62) is a food writer, cookbook editor, and cooking teacher. She is the author of *All*

About Braising, which won James Beard and International Association of Culinary Professionals awards; her next book, *All About Roasting*, is due out this fall.

- **My guilty food pleasure is...** nibbling the fatty bits from any roast as it rests.
- **My favorite food memory is...** harvesting oysters on the Elizabeth Islands off Cape Cod in the winter; we shucked and ate them on the spot.
- **Currently, I’m obsessed with...** Robert Lambert’s salt-preserved Rangpur limes from California.



Illustrator **Mark Kaufman** (“An Affair to Remember,” page 34) is a partner at the design firm Vivitiv. He also writes and draws the comic strip “American

Affairs Desk.”

- **The dish I most want to learn to cook is...** an eggplant and apple parmigiana dish that I had at Ristorante Ricchi in Florence.
- **Out to dinner or cook at home?** Out. Out. Out.
- **My favorite aspect of my job is...** that I’ve been fortunate enough to contribute to *The New York Times*. The possibility that Henry Kissinger has seen my work while reading the paper in his underwear amuses me to no end.

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On the Web

Leave winter behind with these festive spring menus at FineCooking.com.



Plan an Easter Menu

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EASTER BRUNCH	SPRING BUFFET	EASTER DINNER
--------------------------	--------------------------	--------------------------

Get Passover Inspiration

Looking for new ways to make your seder memorable? Browse our recipe collection to get ideas for mains, sides, and desserts for Passover.

Celebrate St. Patrick's Day

You don't have to be Irish to bring a touch of green to your menu on March 17. We've got a collection of traditional and updated Irish recipes, including a step-by-step video on **how to make corned beef**.

Show Mom Some Love

Mother's Day is May 8. Show her you care by making something indulgent. With our Recipe Maker, it's easy to create a personalized treat using her favorite flavors.

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Extreme Chocolate Cheesecake

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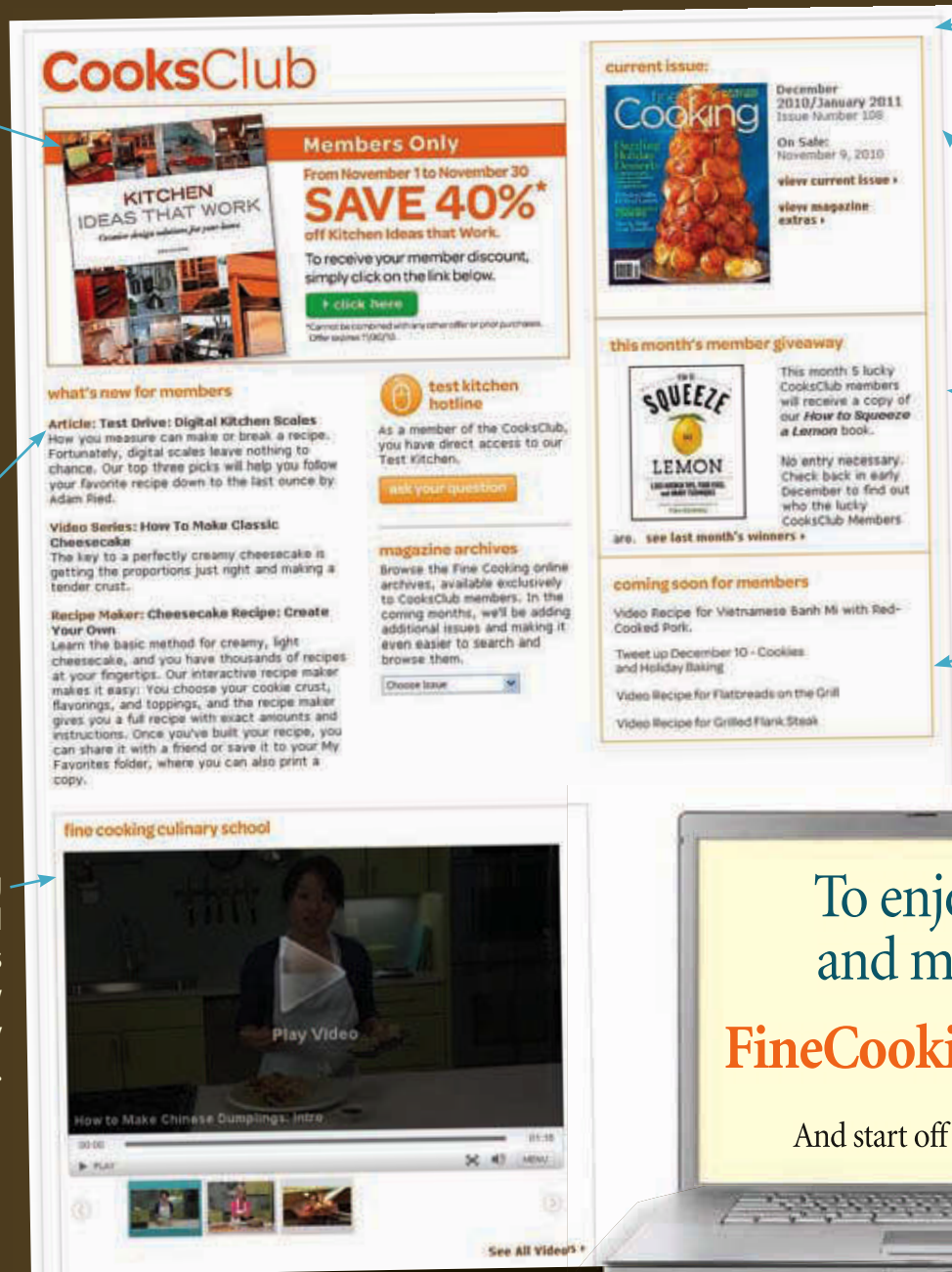
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Green Garlic

FOR COOKS, GARLIC IS INDISPENSABLE. But with its piquant flavor and strong aroma, it can also dominate a dish. For a sweeter, more subtly aromatic, and delicately flavored alternative, look to green garlic. With long, tender stalks and just the beginnings of a bulb, this scallion look-alike is simply young garlic that's been harvested before the bulb is mature. Use the entire plant as you would regular garlic to add fresh, herbal garlic notes to your favorite soups, salads, and sautés. From March through May, it offers the perfect break from its older brother's bite. *Continued on page 14*

TRY THIS GREEN GARLIC

What it is

When garlic (*Allium sativum*) is harvested before its bulb develops individual cloves, it's called green garlic, spring garlic, or baby garlic. Farmers have always picked green garlic as a way to thin the crop, but now it's grown increasingly popular as its own crop. Green garlic's slender stalks are about a foot long and lead to a small white bulb that is sometimes streaked with purple; the bulb itself resembles that of a spring onion or fat scallion.

How to buy and store it

Green garlic should have a pleasant garlic aroma, lush, bright-green leaves, and a white or purple-hued bulb end. Avoid plants with dried ends or soggy leaves, as well as larger, pungent-smelling plants (they're often tough). When storing, treat green garlic as you would an herb: Wrap it in a damp paper towel, put it in a sealed plastic bag, and refrigerate it for up to five days.

How to use it

Green garlic can be cooked or eaten raw. Use it in any dish that benefits from a hit of garlic, or use it as a substitute for scallions. Trim it as you would a leek: Remove the root end of the bulb and any tough dark-green leaves. (Reserve discarded leaves for stews and sauces; they can be tossed in whole, like a bay leaf, for flavor.)

Add thinly sliced and lightly sautéed green garlic to mashed potatoes, gratins, stir-fries, scrambled eggs and omelets, and pasta dishes (see the recipe at right). Use it as an aromatic base for soup, steamed mussels and clams, or shrimp sautés. Try it in a vinaigrette or blend it into aioli. For a delicious take on pesto, purée green garlic with fresh basil, pine nuts, and Parmigiano-Reggiano.

Green garlic pairs beautifully with other spring ingredients; combine it with asparagus and peas in a risotto, or toss it into a salad of fresh greens. —Evan Barbour



Get information on hundreds of ingredients at FineCooking.com/ingredients.



spaghetti with green garlic and olive oil

In this riff on the classic spaghetti aglio e olio (spaghetti with garlic and olive oil), green garlic replaces the traditional pungent cloves and lends a more delicate garlic flavor.

Serves 2

Kosher salt

- 2 Tbs. extra-virgin olive oil
- 2 oz. green garlic, green parts cut into 3-inch julienne strands, white parts thinly sliced
- 6 oz. thin spaghetti
- 2 Tbs. freshly grated Parmigiano-Reggiano; more for serving
- Freshly ground black pepper

Bring 3 quarts of well-salted water to a boil in a large pot over high heat. Meanwhile, heat the oil in a 10-inch straight-sided sauté pan over low

heat. Add the green garlic and 2 big pinches of salt; stir to coat. Cover and cook, stirring frequently, until wilted and softened, 5 to 7 minutes. Remove the pan from the heat.

Boil the spaghetti until just al dente, about 1 minute less than package timing. Set aside about ½ cup of the cooking water and drain the pasta.

Return the sauté pan to low heat. Add the spaghetti and ¼ cup of the cooking water; toss well. Add the Parmigiano and 2 Tbs. of the water; toss again. Season to taste with salt and pepper, adding the remaining water if the pasta seems dry.

Serve in heated pasta bowls, sprinkled with additional Parmigiano.

—Jennifer Armentrout



AT THE MARKET

What we're cooking now

Fine Cooking editors (and a reader) share some delicious ideas for in-season ingredients.



Mint, Pea, and Feta Salad

Combine cooked and cooled fresh peas with slivered almonds, fresh mint leaves, and crumbled feta. Toss gently with a vinaigrette made with Dijon mustard, honey, red wine vinegar, extra-virgin olive oil, salt, and pepper.

—Lisa Waddle



Chunky Radish Salad

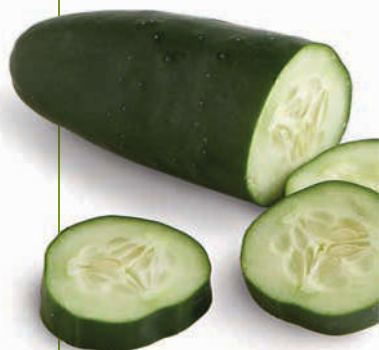
Cut radishes into quarters and toss with minced jalapeño, lime juice, extra-virgin olive oil, a pinch each of sugar and salt, and chopped fresh cilantro.

—Denise Mickelsen

Cucumber Gazpacho

Put a clove of garlic, a seeded jalapeño, and olive oil in a food processor and pulse until finely chopped. Add scallions and a handful each of cilantro and parsley; pulse again. Add 2 seeded bell peppers and 2 peeled, seeded cucumbers; process until smooth. Pour into a bowl and stir in coarsely chopped cucumber, a dollop of crème fraîche, balsamic vinegar, lime juice, salt, and pepper.

—Melissa Denchak



Grilled Radicchio with Balsamic Vinegar

Simmer balsamic vinegar in a small saucepan until syrupy. Cut a head of radicchio into wedges; brush with olive oil and season with salt and pepper. Grill over medium heat until charred but not wilted. Drizzle the balsamic reduction over the radicchio and top with shaved Parmigiano-Reggiano.

—Evan Barbour



Spinach and Scallion Sauté with Sesame

Heat sesame oil in a stir-fry pan over medium heat. Add sliced scallions and cook briefly. Add spinach leaves in batches, tossing until wilted. Season to taste with salt and pepper, and serve garnished with toasted sesame seeds.

—Jennifer Armentrout



Caramelized Onion and Goat Cheese Crostini

Cook sliced onions in olive oil and butter until soft and caramelized. Meanwhile, drizzle olive oil over slices of French bread, season with salt and pepper, and toast until golden. Spread goat cheese on the toasted bread and top with the caramelized onions.

—Pamela Winn



ONE READER'S SEASONAL SPECIALTY



Braised Artichokes with Black Olives and Tomatoes

Sear trimmed and quartered fresh artichoke hearts in olive oil until the cut sides are golden. Add minced garlic, a few sprigs of thyme, black olives, grape tomatoes, and enough water to cover the artichokes halfway. Cover and simmer until the mixture thickens slightly and the artichokes are fork-tender, about 20 minutes. Season with salt and pepper, and garnish with parsley.

—Jim Gop, Great Barrington, Massachusetts





PRESERVING THE SEASON

Rhubarb

Turn tart spring rhubarb into a sweet, fragrant jam to enjoy for seasons to come. **BY MELISSA DENCHAK**

RHUBARB IS AN ANOMALY: Although it's tart, it's also one of the best ingredients to turn to when you're craving something sweet. It's delicious in pies, crumbles, and cobblers and performs just as well—if not better—preserved as jam. Rhubarb's tart notes (once tamed with sugar) and pleasantly coarse texture (when cooked down) produce a rich, flavorful confection that begs to be smeared on crisp toast or simply eaten with a spoon.

When long stalks of rhubarb flood farmers' markets and produce aisles from April to June, try the jam here. It's easy to make and calls for just a handful of ingredients: fresh rhubarb, sugar, and lime along with ginger for bright, aromatic notes. What's more, this jam can be canned and stored for up to a year—that is, if any remains after you've had that first sweet taste.

rhubarb jam with lime and ginger

Cooking time will vary depending on how much juice the rhubarb releases. Keep a close eye on the mixture as it simmers.

Yields about 7 cups

- 4½ lb. rhubarb, trimmed, stalks halved lengthwise and cut crosswise into ½-inch pieces (about 15 cups)**
- 6 cups granulated sugar**
- ¼ cup fresh lime juice (from 1½ medium limes)**
- 4 3-inch strips lime zest (use a vegetable peeler)**
- 1½ Tbs. minced fresh ginger**

In a large bowl, combine the rhubarb, sugar, lime juice, lime zest, and ginger and stir to combine. Cover with plastic wrap and refrigerate overnight, stirring occasionally.

Put the rhubarb mixture in a fine sieve over a large bowl and let the juice drain completely. Discard the lime zest and set the rhubarb aside. Pour the juice into a 6-quart pot and bring to a boil over medium-high heat. Reduce the heat and simmer until the sugar has dissolved and the flavors have melded, about 5 minutes.

Add the rhubarb and return to a boil. Reduce the heat to low, skim any foam from the surface, and simmer very gently until the rhubarb breaks down and thickens, 40 minutes to 1½ hours; check frequently to prevent overcooking.

To test for doneness, chill a small dish in the refrigerator. Put a small dollop of jam on the dish, let cool briefly, and then run your finger through it. If the mark stays, the jam is ready; if it doesn't, cook the mixture for a few more minutes and retest. Cool completely and refrigerate for up to 2 weeks, or can the jam for longer storage.

To can the jam, divide it among sterilized pint or half-pint jars, leaving ¼-inch headspace. Wipe the rims clean and attach the lids to the jars with the screw bands, turning them fingertip-tight. Put the jars in a large pot fitted with a rack and add enough water to cover by 2 inches. Bring to a boil over high heat, and then boil briskly for 10 minutes.

Transfer the jars to a rack and let cool for 12 to 24 hours. Test the seal by removing the bands and lifting the jars by their lids—if the lid holds, the jar is sealed. Store in a dark place for up to 1 year (you don't have to screw the bands back on). If a seal fails, refrigerate the jar and use the jam within 2 weeks.

—*Melissa Pellegrino, contributing editor*

Dish It Up

Before you spread all of your rhubarb jam on toast, try a few of these sweet and savory ideas:

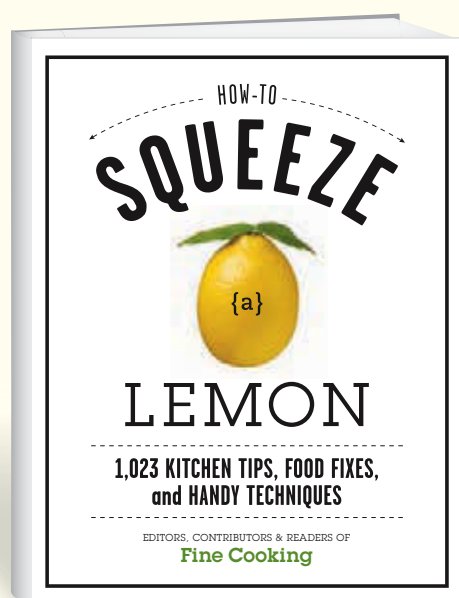
- Stir it into yogurt or oatmeal.
- Use it as a pancake or waffle topping.
- Serve a dollop with sausages or roast pork (in place of applesauce), or spread it on a roast chicken sandwich.
- Strain some warmed jam and use the remaining syrup in a cocktail or as a glaze for duck.
- Spread warmed jam over cheese-cake.
- Sandwich it between two sugar cookies.
- Fold it into whipped cream to make a rhubarb fool.



Watch a video of step-by-step canning instructions at FineCooking.com/extras.

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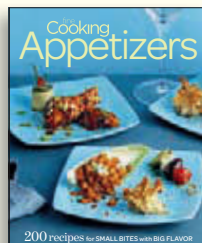
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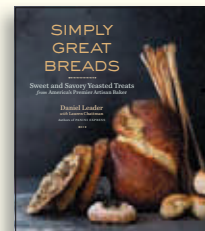
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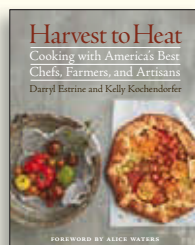
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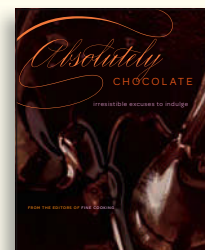
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BIG BUY COOKING

Pine Nuts

Making the most of a favorite food find from a warehouse store. **BY SAMANTHA SENEVIRATNE**

PINE NUTS ARE A GREAT ADDITION TO salads, pesto, and pasta dishes, but considering their high price and tendency to spoil quickly, they're not something we typically stock up on. Turns out, maybe we should. The big bags of these ivory-colored nuts sold in warehouse stores are a much better deal than those itty-bitty jars of pine nuts at the supermarket. To use them up before they turn bitter, we've created three irresistible recipes—try pine nuts in caramelly cookie bars, as a flavor accent in a tomato pan sauce for fish, or in herb-stuffed pork chops. With ideas like these on hand, those nuts will be long gone before they have any chance of spoiling.

The Big Buy

What: Pine nuts.

How much: 24-oz. bag.

How to store: Refrigerate in an air-tight container for up to three months, or freeze for up to nine months. Pine

nuts have a high oil content and can become rancid quickly. Taste a few before using; you'll detect a bitter off-flavor when it's time to toss them.



pine nut and chocolate caramel bars

With an orange-scented shortbread crust, gooey caramel topping, and delicate chocolate drizzle, this addictive treat is a great riff on the classic chocolate turtle candy.

Yields 24 bars

FOR THE CRUST

- 8 oz. (1 cup) unsalted butter, softened, cut into 6 pieces**
- $\frac{3}{4}$ cup granulated sugar**
- 1 Tbs. finely grated orange zest**
- $\frac{1}{4}$ tsp. kosher salt**
- 11 $\frac{1}{4}$ oz. (2 $\frac{1}{2}$ cups) unbleached all-purpose flour**
- 5 oz. bittersweet chocolate, chopped**

FOR THE TOPPING

- 1 $\frac{1}{4}$ cups granulated sugar**
- $\frac{3}{4}$ cup heavy cream**
- 1 $\frac{1}{2}$ oz. (3 Tbs.) unsalted butter, cut into 6 pieces**
- $\frac{1}{4}$ tsp. kosher salt**
- 1 $\frac{1}{2}$ cups pine nuts**

MAKE THE CRUST

Position a rack in the center of the oven and heat the oven to 350°F. Line a straight-sided 13x9-inch metal baking pan with a large piece of heavy-duty foil, leaving a 2-inch overhang on two sides.

In a stand mixer fitted with the paddle attachment or in a large bowl with a hand mixer, beat the butter, sugar, orange zest, and salt on medium-high speed until light and fluffy, 1 to 3 minutes. Scrape the bowl. On low speed, mix in the flour until the dough is uniformly sandy, 1 to 2 minutes. Transfer the dough to the prepared pan and press evenly into the bottom. Bake until lightly golden, about 20 minutes. Let the crust cool completely on a wire rack.

Melt the chocolate in a medium heatproof bowl set in a skillet of barely simmering water, stirring frequently, until smooth (be careful not to get any water in the chocolate). With a small offset spatula, spread all but about 2 Tbs. of the melted chocolate evenly over the cooled crust. Return the bowl with the remain-

ing chocolate to the skillet of warm water and set aside off the heat to keep warm.

MAKE THE TOPPING

Put 3 Tbs. of water in a heavy-duty 3-quart saucepan. Pour the sugar in the center of the pan and pat it down with a spatula just until evenly moistened. Cook over medium-high heat without stirring until the syrup turns amber, 6 to 8 minutes; swirl the pan as the sugar caramelizes to help it cook evenly. Slowly whisk in the cream (be careful—it will bubble vigorously and produce a lot of steam). Whisk in the butter and salt and boil until the butter is combined, 1 minute more.

ASSEMBLE THE BARS

Pour the caramel evenly over the crust. Sprinkle the pine nuts over the caramel. Bake until the caramel is bubbling all over and jiggles only slightly in the center when the pan is nudged, 24 to 26 minutes. If necessary, reheat the remaining chocolate until fluid. With a spoon, drizzle the chocolate over the top. Let cool completely before cutting into squares.



black cod with pine nuts, tomatoes, and olives

Toasted pine nuts provide a nice textural contrast to the firm, flaky cod. Serve with a hunk of crusty bread to sop up the tomato sauce.

Serves 4

- 1 Tbs. extra-virgin olive oil
- 3 medium cloves garlic, chopped
- $\frac{1}{2}$ cup dry white wine
- 3 cups grape tomatoes, halved (quartered if large)
- $1\frac{1}{2}$ cups lower-salt chicken broth
- $\frac{1}{2}$ cup pitted, halved Niçoise olives
- 4 skinless black cod (sablefish) or Pacific cod fillets (about 4 oz. each)
- Kosher salt and freshly ground black pepper
- 1 Tbs. chopped fresh thyme
- $\frac{3}{4}$ cup pine nuts, toasted (see Test Kitchen, p. 89)

Heat the oil in a 12-inch nonstick skillet over medium-high heat. Add the garlic and cook, stirring, until fragrant, about 1 minute. Add the wine and let simmer until reduced by half, about 2 minutes. Add the tomatoes, broth, and olives. Bring to a simmer and cook, stirring occasionally, until the tomatoes begin to break down, about 8 minutes.

Season the fish with salt and pepper. Stir the thyme into the sauce. Nestle the fish into the sauce, return to a simmer, cover, and reduce the heat to low. Cook until the fish is just cooked through, about 4 minutes. Transfer the fish to 4 shallow bowls. Add the pine nuts to the sauce and season to taste with salt and pepper. Spoon the sauce over the fish and serve.



pork chops stuffed with pine nuts and herbs

A take on traditional pesto, the filling for these pork chops is amped up with sweet raisins and fresh herbs. Roast some potatoes and broccoli to serve with the chops.

Serves 6

- 6 center-cut, bone-in pork loin chops (1½ inches to 1½ inches thick)
- $\frac{1}{2}$ cup fresh mint
- $\frac{1}{2}$ cup fresh parsley
- $\frac{1}{3}$ cup fresh tarragon
- $\frac{1}{3}$ cup finely grated Pecorino Romano ($\frac{1}{4}$ oz.)
- 5 Tbs. extra-virgin olive oil
- 3 medium cloves garlic, peeled
- 1 tsp. finely grated lemon zest
- Kosher salt and freshly ground black pepper
- $\frac{3}{4}$ cup pine nuts, toasted (see Test Kitchen, p. 89)
- $\frac{1}{3}$ cup golden raisins
- 1 Tbs. unsalted butter, cut into 6 pieces

Position a rack in the center of the oven and heat the oven to 400°F.

With a sharp knife, make a horizontal slit in each pork chop to create a 3½-inch-long pocket.

In a food processor, combine the mint, parsley, tarragon, pecorino, 3 Tbs. of the oil, the garlic, lemon zest, $\frac{1}{2}$ tsp. salt, and $\frac{1}{4}$ tsp. pepper. Pulse until finely chopped. Add $\frac{1}{2}$ cup of the pine nuts and pulse until the nuts are roughly chopped. Stir in the remaining $\frac{1}{4}$ cup pine nuts and the raisins. Season the insides of the pockets with salt and pepper and stuff with the filling. Secure the pockets with toothpicks. Season the outside of the meat generously with salt and pepper.

Heat 1 Tbs. of the oil in a 12-inch skillet over medium-high heat until shimmering hot. Sear 3 of the pork chops on both sides until well browned, about 6 minutes total; transfer to a large rimmed baking sheet. Repeat with the remaining 1 Tbs. oil and the remaining pork chops. Top each chop with a piece of butter and roast in the oven until an instant-read thermometer inserted into the thickest part of the pork chops registers 145°F, 10 to 12 minutes. Discard the toothpicks and serve drizzled with the pan juice.





MAKE IT TONIGHT

Just 30 minutes to dinner, start to finish



roasted shrimp with rosemary and thyme

If you like, substitute different herb combinations for the rosemary and thyme—try tarragon and chives or lemon verbena and parsley. Serve the shrimp over rice or with some crusty bread to sop up the fragrant olive oil.

Serves 4

- 6 Tbs. extra-virgin olive oil
- 6 fresh thyme sprigs
- 3 large fresh rosemary sprigs, halved

Freshly ground black pepper

- 1½ lb. extra-large shrimp (26 to 30 per lb.), preferably wild, peeled and deveined
- 1½ Tbs. white wine vinegar
- Kosher salt

Position a rack in the center of the oven and heat the oven to 400°F.

Pour the oil into a 9x13-inch baking dish. Add the thyme, rosemary, and 1 tsp. pepper

and bake until the oil mixture is fragrant, about 12 minutes.

Add the shrimp to the dish and toss with tongs until coated. Bake the shrimp until pink and firm, 8 to 10 minutes.

Add the vinegar and ½ tsp. salt, toss well, and let rest at room temperature until the oil cools slightly, about 5 minutes. Discard the herbs (if you choose) and serve.

—Bruce Weinstein and Mark Scarbrough

slow-cooker steak and guinness pie

This simple version of the classic Irish dish has the distinctive bitter flavor of Guinness stout. Although it's slow-cooked, the hearty beef stew requires minimal prep time. When it's ready, the puff pastry "tops" are baked separately and served alongside.

Serves 4

- 1½ oz. (¼ cup) all-purpose flour; more for rolling
- Kosher salt and freshly ground black pepper
- 2 lb. boneless beef chuck, trimmed of excess fat, cut into 1-inch pieces
- 2 large carrots, cut into ¼-inch-thick rounds
- 1 large yellow onion, coarsely chopped
- 3 large cloves garlic, minced
- 2 sprigs fresh thyme
- 1 12-oz. bottle Guinness (or other stout)
- 1 cup lower-salt beef broth
- 2 large russet potatoes (about 1½ lb.), washed and cut into 1-inch cubes
- Nonstick cooking spray
- 1 sheet frozen puff pastry (about 9 oz.), thawed overnight in the refrigerator

In a large bowl, combine the flour, 2 tsp. salt, and 1 tsp. pepper. Toss the beef in the flour mixture to coat. Transfer the mixture (including excess flour) to a 6-quart slow cooker and then add the carrots, onion, garlic, and thyme. Slowly pour in the Guinness and then stir in the beef broth. Cover and cook on low for 6 to 7 hours or on high for 4 to 5 hours. Add the potatoes and continue cooking until the meat and the potatoes are fork-tender, about 1 hour more.

Position a rack in the center of the oven and heat the oven to 375°F. Coat a large rimmed baking sheet with the cooking spray. On a lightly floured surface, roll the puff pastry sheet into a 10x14-inch rectangle. Put it on the prepared baking sheet and bake until golden-brown, 15 to 18 minutes. Remove from the oven, let cool slightly on a rack, and cut into quarters.

To serve, lay the puff pastry quarters in 4 wide, shallow bowls and spoon the stew over the pastry. —*Juli Roberts*



matzo brei with fresh chives

Matzo brei is a simple dish of eggs, butter, and matzo (an unleavened cracker-like bread). Although typically served during Passover, it makes a delicious anytime meal. If using salted matzo, halve the amount of salt in the recipe.

Serves 4 to 6

- 4 pieces unsalted matzo (about 4 oz.)
- 5 large eggs, beaten
- ¼ cup thinly sliced fresh chives
- Kosher salt and freshly ground black pepper
- 5 Tbs. unsalted butter

In a small saucepan, bring 1¼ cups of water to a boil. In a large bowl, crumble the matzo into 1-inch (or smaller) pieces and pour the boiling water over them. Let sit until the matzo softens but doesn't turn to mush, about 20 seconds. Using a large slotted spoon, press the matzo against the bowl and pour off any excess liquid (there may not be any). Stir in the eggs, chives, 1 tsp. salt, and ¼ tsp. pepper.

Melt the butter in a 10- to 12-inch nonstick skillet over medium-high heat. When the foam starts to subside, add the matzo mixture. Use a heatproof spatula to gently scramble and break up the eggs, cooking until they are softly set, 3 to 4 minutes. Season with more salt and pepper and serve immediately.

—*Tony Rosenfeld*

rice and beans with fried eggs

Served with soft corn tortillas, this traditional Costa Rican dish works for breakfast, lunch, or dinner. Salsa Lizano is a Costa Rican condiment that's similar to Worcestershire sauce but thicker and sweeter—you can substitute Worcestershire for it, but the flavor will be more assertive.

Serves 4

- ¾ cup long-grain white rice**
- Kosher salt**
- 2 Tbs. canola oil**
- 1 small yellow onion, cut into small dice**
- ½ medium red bell pepper, seeded and cut into small dice**
- 2 large cloves garlic, minced**
- ½ tsp. ground cumin**
- ¼ cup canned tomato sauce**
- 1 15½-oz. can black beans, drained and rinsed**
- 3 Tbs. Salsa Lizano; more to taste (see Test Kitchen, p. 89)**
- Freshly ground black pepper**
- 8 large eggs**
- 2 Tbs. chopped fresh cilantro**

Put the rice, a big pinch of salt, and 1½ cups of water in a 3-quart saucepan. Bring to a boil over medium-high heat, reduce the heat to low, cover, and cook until the rice has absorbed the water and is tender, about 15 minutes. Remove from the heat and set aside with the lid on.

Meanwhile, heat 1 Tbs. of the oil in a 4-quart saucepan over medium heat. Add the onion, bell pepper, garlic, and a pinch of salt; cook, stirring occasionally, until softened, about 3 minutes. Add the cumin and cook until fragrant, about 30 seconds. Add the tomato sauce and stir for 1 minute. Add the beans and 1 cup of water and simmer until the liquid reduces to the level of the beans, about 4 minutes.

Add the rice to the beans and mix well. Stir in the Salsa Lizano and season to taste with salt and pepper. Keep warm.



Heat the remaining 1 Tbs. of oil in a 12-inch nonstick skillet over medium heat, swirling the pan to coat evenly. Gently crack the eggs into the pan. Season with salt and pepper, cover, and cook until the yolks' edges have just begun to set, 2 to 3 minutes. (The eggs should cook gently, so lower the heat if needed.) Separate the eggs with the edge of a spatula.

To serve, put a heaping spoonful of the rice and beans on a plate and slide 2 eggs on top. Sprinkle with the cilantro.

—Juli Roberts

Talked for hours.

Feasted with friends.

Lost track of time.





brazilian chicken salad sandwich

This easy take on a sandwich sold by vendors along Rio de Janeiro's beaches is packed with grated vegetables, sweet raisins, fresh lime juice, and cilantro. It's like no chicken salad sandwich you've had before.

Serves 4

- ¼ cup mayonnaise
- 2 Tbs. fresh lime juice
- Kosher salt and freshly ground black pepper
- 4 cups shredded roasted chicken meat (homemade or from a store-bought rotisserie chicken)
- ¼ cup golden raisins
- 1 large celery stalk, finely chopped
- 3 Tbs. finely chopped yellow onion
- 2 Tbs. extra-virgin olive oil
- ½ cup grated carrots
- ½ cup grated beets
- ½ cup chopped fresh cilantro

- 8 Boston lettuce leaves
- 8 slices whole wheat bread, toasted if desired

In a medium bowl, whisk the mayonnaise, 1 Tbs. of the lime juice, ½ tsp. salt, and ¼ tsp. pepper. Add the chicken, raisins, celery, and onion. Season to taste with salt and pepper.

In another medium bowl, combine the oil with the remaining 1 Tbs. lime juice, ½ tsp. salt, and ¼ tsp. pepper. Mix in the carrots, beets, and cilantro.

Put a lettuce leaf on 4 of the bread slices, then top with the chicken salad, carrot mixture, another lettuce leaf, and another slice of bread.

—Ian Knauer



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McCormick Gourmet Collection Smoked Paprika Roasted Salmon with Wilted Spinach

Ingredients	1/4 cup orange juice	1 tbsp. brown sugar	1/2 tsp. Sicilian Sea Salt
	2 tbsp. olive oil	1 tbsp. Smoked Paprika	1 bag (10 oz.) fresh spinach leaves
Directions	2 tsp. Thyme Leaves , divided	1 tsp. Saigon Cinnamon	1 tsp. olive oil
	2 lb. salmon fillets	1 tsp. grated orange peel	

MIX juice, 2 tbsp. oil and 1 tsp. of the thyme in glass dish. Add salmon; turn to coat. Cover. Refrigerate 30 minutes.

MIX sugar, remaining spices and orange peel. Remove salmon from marinade. Place in foil-lined baking pan. Discard any remaining marinade. Rub top of salmon evenly with spice mixture.

ROAST in preheated 400°F oven 10 minutes or until fish flakes easily with a fork. Heat 1 tsp. oil in large nonstick skillet on medium heat. Add spinach; cook 2 minutes or until wilted. Serve with salmon. Makes 8 servings.

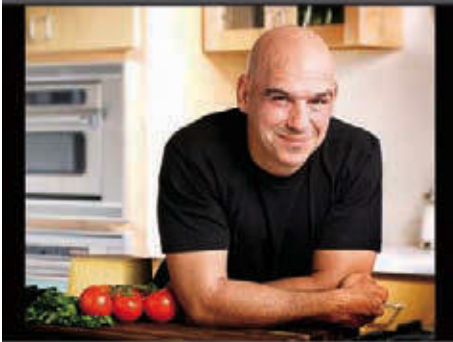
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spicy peanut noodles with ground pork and shredded vegetables

Grated carrots, squash, and chopped mint balance the spicy heat of the jalapeños. For a milder dish, use only 1 chile and remove its seeds and ribs—they're hotter than the flesh itself.

Serves 4

Kosher salt

½ lb. dried ¼-inch-wide rice noodles (pad thai noodles)

1 Tbs. Asian sesame oil

¾ lb. lean ground pork

½ cup crunchy peanut butter, preferably natural

¼ cup seasoned rice vinegar

1½ Tbs. fish sauce

1 or 2 jalapeños, stemmed and finely chopped (seeded, if desired)

2 medium carrots (about 6 oz.), grated

2 large yellow squash or zucchini (about 1 lb.), grated

¾ cup coarsely chopped fresh mint

Lime wedges, for serving

Bring a large pot of salted water to a boil. Add the rice noodles and cook, stirring often, until just tender, about 5 minutes. Drain and rinse under cold running water; leave to drain in a colander.

Meanwhile, heat 2 tsp. of the oil in a large skillet over medium-high heat. Add the pork and ½ tsp. salt and cook, stirring to break up the meat, until just cooked through, 4 to 8 minutes; set aside.

In a large bowl, whisk the peanut butter, vinegar, fish sauce, the remaining 1 tsp. oil, and 3 Tbs. warm water until smooth. Add the drained noodles, pork, jalapeños, carrots, squash, and all but 2 Tbs. of the mint and toss gently. Garnish with the remaining mint, and serve at room temperature with the lime wedges on the side.

—Liz Pearson



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GO SHOPPING

Great Finds

Our latest buys for the kitchen and table. BY MELISSA DENCHAK



Retro Relaunch

Although it was introduced more than 50 years ago, the recently relaunched Krenit bowl by Danish design company Normann Copenhagen is coolly contemporary. Made of super-thin, lightweight steel, with a black matte exterior and a sleek enamel interior, it's stunning as a fruit, salad, or serving bowl. **\$145; abodeon.com; 617-497-0137.**



Worth its Salt

For blue Iranian rock salt, black salt flakes from Cyprus, or pink Pakistani Himalayan salt, check out The Spice Lab, a gourmet purveyor that sources exotic salts from 40 countries. Can't pick just one? A variety of sampler collections let your tastebuds travel the world. **\$29.95 for a sampler collection of five salts; thespicelab.com; 954-275-4478.**



Countertop Chic

With its hand-crafted ceramic utensil holder, Beehive Kitchenware Company turns utilitarian storage into handsome kitchen decor. **\$78; beehivekitchenware.com; 508-678-4335.**

Fondue for Two

This adorable stoneware tumbler of chocolate fondue from Aux Anysetiers du Roy (a Paris gourmet shop) heats up in minutes and is the perfect size for sharing. Chocolate flavors include caramel, praline, and orange, but we especially love the 70 percent dark chocolate with fleur de sel for its rich taste and salty crunch. **\$22.99 for a 7-ounce tumbler; touchofeurope.net; 866-764-2975.**



Made to Measure

Bakers will appreciate this clever digital scale, since it doubles as a bowl that lifts off to transfer ingredients. When you're finished, flip the bowl over and nestle it on top of the scale for compact storage. **\$65; josephjoseph.com; 866-940-1875.**



Over the Top

Dried red chili threads add a touch of heat, a hint of smoky flavor, and a pop of color when used as a garnish for soups and salads or mixed into egg dishes or stir-fries. For deeper flavor, toast the threads in a skillet for a minute or two before using. **\$9.75 for a 2-ounce bag; earthy.com; 800-367-4709.**

Photographs by Scott Phillips



BOOKS THAT COOK

The Reading List

New must-have reads for food lovers. BY KIMBERLY Y. MASIBAY

Serve Yourself

Nightly Adventures in Cooking for One

By Joe Yonan

Ten Speed Press, \$22

In this ode to solo dining, *Washington Post* food editor Joe Yonan celebrates the single-serving meal with a collection of 100 recipes and tips on how to shop for one, store extra ingredients, and manage leftovers. His globally inspired recipes for Coconut French Toast with Bananas Foster, Shrimp Tacos with Grapefruit-Black Bean Salsa, and Smoky Pizza Margherita, among others, allow you to eat deliciously well, without three days of leftovers. But the best part? As Yonan points out, when you cook for just yourself, you get to eat what you love.

Heartland

The Cookbook

By Judith Fertig

Andrews McMeel, \$35

Long before the notion of farm-to-table became trendy, it was a way of life in the small towns of the Midwest. In this beautiful book, food writer and cookbook author Judith Fertig (a midwesterner herself) celebrates the kitchens of the contemporary heartland with 150 recipes that combine local traditions with a touch of modern sophistication. Along with Farmhouse Butter and Crisp Refrigerator Dill Pickles, Fertig also stocks in her larder with Spoon-Able Strawberry Preserves infused with rosewater and Red Haven Peach Chutney made with sweet peaches, dried cherries, onions, and warm spices. Chapters cover breakfast, breads, hearty dinners, and desserts, and offer items like Sweet Potato Waffles with Whipped Orange Butter, Badlands Bison Chili, and plenty of pie.

Plenty

Vibrant Vegetable Recipes from London's Ottolenghi

By Yotam Ottolenghi

Chronicle Books, \$35

In this gorgeous go-to guide to fabulous soups, salads, sides, and mains, chef Yotam Ottolenghi (co-owner of four eponymous food shops in London) shares 120 vegetarian recipes from the cooking column he writes for *The Guardian* newspaper. Each chapter focuses on a single ingredient and offers recipes (some simple, others complex) that deliver exquisite surprises: Winter squash is unexpectedly refreshing in the Roasted Butternut Squash with Sweet Spices, Lime, and Green Chile. A vegetarian broth used for Parsnip Dumplings gets deep flavor from, of all things, prunes. It's twists like these that will keep you coming back for more.

The Japanese Grill

From Classic Yakitori to Steak, Seafood, and Vegetables

By Tadashi Ono and Harris Salat

Ten Speed Press, \$25

Although you may not associate grilling with Japanese food, the technique is used throughout the cuisine. In this eye-opening book, chef Tadashi Ono of Matsuri restaurant in New York and food writer Harris Salat explore traditional Japanese grilling techniques and recipes like shioyaki (a salt-grilling method) and yakitori (twice-grilled meat and vegetable kebabs), and offer up the only Chicken Teriyaki recipe you'll ever need. What's more, many recipes fuse Japanese flavors with American-style grilling: Corn on the cob slathered with butter and mirin and hamburgers with wasabi ketchup are sure to be hits at your next barbecue.

what we're reading now

Gabrielle Hamilton's *Blood, Bones & Butter: The Inadvertent Education of a Reluctant Chef* (Random House, \$26) is an irreverent, compelling memoir told by a woman who writes as well as she cooks. From the very first page, Hamilton's vivid prose grabs you—often by the stomach—as she romps from the kitchen of her childhood home to hard-knock kitchens in Europe to the tiny kitchen of her Manhattan restaurant, Prune. It's a delicious journey. (Hamilton writes and cooks for us this month, too; see page 34.)
—Denise Mickelsen



A Year in My Kitchen

By Skye Gyngell

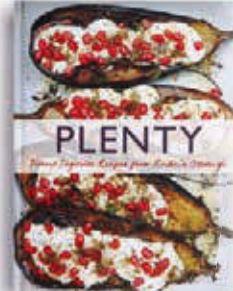
Ten Speed Press, \$24

With this culinary tribute to seasonal cooking, Skye Gyngell, the head chef of Michelin-starred Petersham Nurseries Café, near London, offers 100 produce-driven recipes that use fresh herbs, infused oils, and roasted spice mixes. These core items are part of her kitchen "toolbox" and boost the flavor of starring seasonal ingredients like fava beans, strawberries, and wild mushrooms. Recipes are simple but flavorful and range from refreshingly bright in spring and summer (think Salad of Spring Vegetables with Herbs, Romano, and Lemon-Infused Oil) to earthy and rich (Cauliflower Soup with Gorgonzola) in cooler months.

Kimberly Y. Masibay is a Fine Cooking contributing editor.



Find recipes from these and other cookbooks at FineCooking.com.





DRINKS

The New Rules

Forget red wine with meat, white wine with fish. Here are the new rules for picking a wine to go with dinner (hint, it's all about the food). **BY MARNIE OLD**

WINE AND FOOD ARE, FOR THE MOST PART, good friends. And when a meal is matched with the right wine, both taste better than they would on their own. That's where the "rules" of food and wine pairing come in, to help people confidently pick wines that taste good with their food. You've heard them before: White wine goes with fish and poultry, red wine goes with red meat, and so on. But the food world has changed, so these old-school rules don't necessarily fit the way we cook and eat these days. Today's recipes, ingredients, and cooking methods are more diverse, and so are today's wines.

So what's a wine-loving cook to do? Start by putting the food first. The new, food-centric pairing rules here will help you focus on what's on your plate, and then successfully pick a wine to go with it.

RULE 1 Consider the food's flavor profile

Forget the protein. Instead, pick wines according to the strongest flavors on the plate, which usually come from the seasonings, sauces, and cooking methods of a dish. For example, the same wine can flatter both salmon tartare and beef carpaccio. These two appetizers may fall on opposite sides of the fish-meat divide, but both dishes are raw and very lightly dressed to let the clean flavor of the protein shine through. A sparkling wine (like prosecco) is an ideal pairing for both, because the wine's subtlety and acidity will help focus attention on the delicate taste of the salmon or beef.

Similarly, a flavorful red wine makes more sense for both grilled filet mignon with a demi-glaze (veal stock reduction) and salmon prepared the same way. The cooking method (grilling) and sauce (rich and concentrated) call for a red wine with some depth and complexity, no matter what the protein. A dense, dark Argentine Malbec would be a great pairing for the steak, while an oak-aged red on the lighter, paler side, such as Spanish Rioja Crianza, would be more fish-friendly.



RULE 2 Pair like with like

Weight Class The food and the wine should share dominant characteristics; most important, they should be in the same “weight class.” Just as oils and fats add richness to foods, alcohol gives wine its body and texture. So, to match by weight, serve low-fat foods with lower-alcohol, lighter-bodied wines. For instance, Riesling and Beaujolais are delicious with salads, sushi, and vegan cuisine. Heavier dishes, like stews, cheesy casseroles, and meat dishes, call for stronger, fuller-bodied wines, whether they’re white or red. Chardonnay and Cabernet Sauvignon suit these heavier-hitting dishes.

For a happy middle-ground somewhere between crudo and cassoulet, try serving food-friendly wines that weigh in at around 13.5 percent alcohol; they pair well with the widest range of dishes. Light reds like Oregon Pinot Noir and Italian Chianti, and rich whites like Central Coast Chardonnays and Alsace Pinot Gris are all delicious options.

Flavor Intensity Pairing like with like also works when matching a wine with the overall flavor intensity of a dish. In other words, the more delicate the dish, the more understated the wine should be. And as seasonings get bolder, the wine’s flavor impact should also increase. For example, simple sautéed shrimp fares best with a sheer, refreshing white like French Muscadet. Boost the flavor quotient by adding, say, coconut curry to that shrimp, and you’ll need a wine with more oomph, like a vividly aromatic California Viognier.

RULE 3 Use your senses

Two competing sources of a similar sensation generally seem weaker together, not stronger. When it comes to flavor, our taste buds can’t process sweetness from two sources at the same time. This means that with sugary pastries, dessert wines always seem drier, not sweeter. In fact, the more sugary the dish, the sweeter the wine needs to be to achieve a sublime effect.

Acidic foods have a similar effect on our tastebuds. Recipes that call for citrus or

vinegar need wines of equal or greater acidity to hold their own.

To taste what I mean, try this experiment: Take a sip of a Portuguese port before and after tasting dark chocolate. You’ll notice how the sweet wine tastes much less sweet after the chocolate. Or take a sip of a New Zealand Sauvignon Blanc before and after biting into a dill pickle; the pickle will dramatically reduce how much acid you taste in the wine.

RULE 4 Consider cause and effect

Everything we put in our mouths changes how the next bite or sip is perceived, often in unexpected ways. Salt, sugar, and tannins, in particular, have dramatic effects on how wines taste. Salt temporarily blocks our perception of acidity. Since all foods are salty to some degree, wine therefore seems less tart or acidic with food than it does alone. This explains why so many wines seem too tart on their own but just right with savory foods. If you’re cooking something salty, serve a high-acid wine, like a French Sancerre or an Italian Barbera.

Sugar does the reverse, amplifying acidity in a way that can seem as shocking as orange juice after toothpaste (which explains why

dry wines taste thin and sour with sugary sauces like barbecue and teriyaki). So, pair sweeter appetizers and main courses with off-dry (slightly sweet) Rieslings or rosé wines, and as the sugar content increases to dessert levels, serve fully sweet dessert wines like Moscato, port, or Sauternes.

Foods high in protein and fat also counteract the astringent, mouth-drying tannins found in some reds, like Cabernet Sauvignon and Sangiovese. These wines can seem brittle and bitter when tasted alone or with low-fat foods like green salads. However, their tannic grip is a perfect foil for richer, oilier foods like creamy risottos and braised meats, in the same way that a dry bread crust is ideal for sopping up a rich sauce.

At the end of the day, wine is like another sauce on the side. If you put the food first and follow these rules, you’ll always know just what wine to serve with dinner.

Marnie Old is a Philadelphia-based wine educator, consultant, and sommelier. She’s the author of Wine Secrets: Advice from Winemakers, Sommeliers, and Connoisseurs.



Try our interactive wine-pairing tool at [FineCooking.com/extras](https://www.finecooking.com/extras).

Food + Wine: A Cheat Sheet

If you put the food first and consider your senses, it’s easy to pick a wine to go with dinner. This chart will help get you started.

If the food is...	The wine will taste...	So choose...	Such as...
Salty	Less acidic	A high-acid wine	French Sancerre or Oregon Pinot Noir
Sweet	Less sweet, sharply acidic	A sweet wine with moderate acidity	Washington Riesling or South African Chenin Blanc
Acidic	Less acidic	A high-acid wine	New Zealand Sauvignon Blanc or Italian Barbera
Fatty or oily	Lighter in body; reds less tannic	A full-bodied wine; high-tannin reds	California Chardonnay or Chilean Cabernet Sauvignon
Spicy	More alcoholic	A light-bodied wine preferably off-dry	Portuguese Vinho Verde or German Riesling
Smoky or caramelized	Less oaky	An oaky, barrel-aged wine	Australian Chardonnay or Spanish Rioja



HOW TO MAKE

Pound Cake

A classic cake that should be in every baker's recipe box. **BY CAROLE WALTER**

IT'S VELVETY. IT'S DENSE. IT'S RICH WITH BUTTER AND EGGS. Pound cake has been a baker's staple since colonial times, when making it meant merely combining and baking a pound each of butter, sugar, flour, and eggs (hence, its name).

Centuries later, that's essentially the recipe we have here, with a few tweaks: The ingredient amounts are reduced by half to fit today's standard loaf pans; vanilla is added to complement the cake's sweet,

buttery flavor; and superfine sugar is used because it ensures better volume in the batter.

Despite these adjustments, the attributes of this cake are still the same: It's moist, flavorful, and dense (like the original, it uses no leavening) and has the signature dome and center crack (caused by steam release during baking) of all good pound cakes. It's delicious—and clearly a cake with staying power.

Tool Kit

Have these kitchen essentials on hand before you start the recipe:

- Dry measuring cups and spoons
- Sifter (for flour)
- 8½ x 4½ x 2¾-inch metal loaf pan, such as the one on page 32
- Pastry brush
- Parchment
- Medium bowls
- Whisk
- Electric stand mixer
- Rubber spatula
- Large soup spoon
- Thin wooden skewer
- Aluminum foil
- Wire cooling rack
- Small to medium mesh strainer
- Serrated knife
- Plastic wrap

COOK'S TIP



AVOID THE CENTER When testing the cake for doneness, insert the tester alongside the center crack, not into it. The center crack will often appear moist, even though the rest of the cake is perfectly baked. If the tester comes out clean, remove the cake from the oven. The moist area may still remain, but don't worry: The cake is done.



Adding the sugar a little at a time.

Need to Know

PREPARE YOUR PAN Use a light-colored 8½ x 4½ x 2¾-inch loaf pan (one that isn't nonstick). Dark finishes often produce overbrowned results, and any other size pan will affect the shape, baking time, and texture of this cake. Butter the pan thoroughly, taking care to reach well into the corners and seams and all the way up the sides. After greasing, line the bottom of the pan with parchment. An easy way to cut it to size: Trace the bottom of the pan onto the parchment and then cut out the rectangle.

USE SLIGHTLY FIRM BUTTER If your butter is too warm or too cold, the batter won't aerate properly. Let the butter sit at room temperature as you gather your other ingredients. Before using, press it firmly with your thumb; if your thumb meets some resistance and leaves a slight indentation, the butter's ready to use.

BEAT WELL, BUT DON'T OVERMIX This pound cake doesn't call for leavening, so it's essential to properly combine the butter and sugar. Beating the butter and then adding the sugar a little at a time (**photo above**) will aerate the batter, making it fluffy and ensuring that the cake will rise. But when adding the dry ingredients to the batter, don't overmix, or your cake will be tough.

Beyond the Slice

Dress up pound cake with these easy serving suggestions:

Simple shortcake Top slices of pound cake with fresh berries or poached or sautéed fruit (like peaches or pears) and add a dollop of whipped cream.

Pound cake à la mode Serve slices with a scoop of vanilla ice cream and hot fudge sauce; with butter pecan ice cream and caramel sauce; or with chocolate ice cream, raspberry purée, and fresh raspberries.

Easy trifle Drizzle cubes of cake with liqueur and in a large bowl, layer with custard, fruit, and whipped cream.



classic pound cake

To ensure that the cake bakes through without overbrowning, cover it with aluminum foil during the last 15 minutes.

Serves 6 to 8

- 8 oz. (1 cup) unsalted butter, slightly firm, plus 1 Tbs. softened
- 8 oz. (1¾ cups) all-purpose flour, sifted
- ½ tsp. table salt
- 5 large eggs
- 1½ tsp. pure vanilla extract
- 8¾ oz. (1¾ cups) superfine sugar
- Nonstick cooking spray
- Confectioners' sugar, for dusting

Position a rack in the center of the oven and heat the oven to 325°F. Using a pastry brush, thoroughly coat an 8½ x 4½ x 2¾-inch loaf pan with the 1 Tbs. softened butter. Line the bottom with a rectangle of parchment.

In a medium bowl, combine the flour and salt and whisk thoroughly.

Using a stand mixer fitted with the whisk attachment, beat the eggs on medium-high speed until thickened and lightened in color, 3 to 4 minutes. Transfer to a medium bowl and set aside. Clean the bowl of the stand mixer and fit it with the paddle attachment. Beat the butter on medium-low speed until smooth and creamy, 1 to 2 minutes. Add the vanilla extract and mix 1 minute longer. Add the sugar 1 to 2 Tbs. at a time, taking about 4 minutes to add it all and scraping the bowl as needed.

Still on medium-low speed, slowly add half of the beaten eggs, taking about 2 minutes to add them. Scrape the bowl as needed and beat for 30 seconds more. Reduce the speed to low and add the dry ingredients alternately with the remaining eggs (divide the flour into 3 parts and the eggs into 2 parts), mixing just until each addition is incorporated. Scrape the bowl and beat on medium low for 10 seconds more.

Spoon the batter into the prepared pan. Smooth the top with the back of a large soup-

spoon, making sure to reach well into the corners. Bang the pan on the counter two times to remove any air pockets.

Bake the cake until the top is golden-brown, the sides begin to pull away from the pan, and a thin wooden skewer inserted slightly off center into the cake (not into the crack) comes out clean, 1 hour and 20 to 25 minutes. During the last 15 minutes of baking, lightly spray a 12-inch strip of aluminum foil with nonstick cooking spray and rest it loosely on top of the cake. Transfer to a wire rack and let cool for at least 20 minutes before removing from the pan.

To serve, dust the top with confectioners' sugar and use a serrated knife to cut the cake into ½-inch slices. Tightly wrap any remaining cake in plastic wrap and store at room temperature for up to 5 days. (Do not refrigerate.)

Carole Walter is a master baker, cooking instructor, and author of four cookbooks.



TEST DRIVE

Loaf Pans

Metal, nonstick, ceramic, or glass? They all have their benefits, so we picked a favorite in each category.

BY MARYELLEN DRISCOLL

IF YOUR BREAD TENDS TO OVERBROWN or your pound cakes consistently stick to the pan, enough's enough. Do yourself and your recipes a favor and upgrade to a new loaf pan. We tested a variety of options, from standard metal and nonstick to ceramic and glass, and found a

favorite in each category. Our four picks are quite distinct, each offering different benefits. Use our guide to help you pick the pan (or two) that best meets your needs, and then get back to baking. We know you're going to love the results.

Photographs by Scott Phillips



BEST CERAMIC

Emile Henry loaf pan

\$35.95 at surlatable.com

8¾ x 4¾ x 3 inches

WHY BUY With this pan's good looks, you can take it right from oven to table. Made of high-fired clay, it's an excellent conductor of heat and bakes evenly. Bread rises into a beautifully upright, classic loaf shape with well-defined corners (other ceramic pans tend to produce rounded, stout loaves). Pound cake comes out perfectly golden. A coating of hard, scratch-resistant glaze allows you to cut in the pan when serving, enables the pan to release breads and cakes with ease (more so than other stoneware alternatives, which require prying), and makes for near-effortless cleaning. This pan can go directly from the freezer to the oven—not all stoneware tolerates such an extreme temperature change—and is also dishwasher and microwave safe.

KEEP IN MIND Stoneware is fragile and can break if banged around or dropped on a hard surface. It's not recommended that this pan, when hot, be placed on a cold or wet surface.

BEST METAL

Williams-Sonoma Traditional-Finish loaf pan

\$16 at williams-sonoma.com

8½ x 4½ x 2¾ inches

WHY BUY If you're looking for a heavy-duty all-purpose loaf pan—one that's constructed to withstand corrosion and rusting over time—look no further. Williams-Sonoma's traditional-finish pan is made of heavy-gauge aluminum-coated steel, has a reinforced rim that resists warping, and feels quite hefty. Most important, it bakes exceptionally well. Pound cake—which overbrowns along the edges in so many other pans—bakes to an attractive, uniformly golden color; similarly, loaves of bread develop a crisp, light brown crust.

KEEP IN MIND Though this pan is dishwasher safe, it's better to wash it by hand to prevent harsh detergents from darkening the aluminum-coated steel. Its clean, straight edges create well-defined, nicely shaped loaves but need extra attention when cleaning, as they can trap residue over time.

How We Tested

We tested 10 loaf pans in the following categories: metal, nonstick, ceramic, and glass. We made 10 loaves of sandwich bread and 15 pound cakes. To test the final top five pans, we baked a quick bread (banana bread). We evaluated each pan on overall construction, how evenly it baked, and how readily it released food.

For the best pound cake, bar none (and the recipe used to test the pans here), see page 31. It's the perfect excuse to buy a new loaf pan.



BEST NONSTICK

Williams-Sonoma Goldtouch Nonstick loaf pan

\$21 at williams-sonoma.com
8½ x 4½ x 2¾ inches

WHY BUY The gold-colored ceramic nonstick finish that coats the aluminized steel core of this pan has a dual purpose: It allows for the easy release of baked goods and, with its lighter color, prevents items from overbrowning. (We found that pans with dark nonstick finishes brown baked goods too quickly.) In terms of construction, it's as solidly made as the traditional metal pan at left (both are produced by USA Pans). Overall, this pan is a cut above the other nonstick options, producing consistently stellar yeast breads, quick breads, and pound cakes.

KEEP IN MIND Although it's supposed to be highly scratch resistant, it's advised that you not use a knife to cut anything in the pan. And while it's dishwasher safe, we recommend washing this pan by hand to effectively clean the inside seams and to maintain the nonstick finish.

BEST GLASS

Pyrex Easy Grab loaf dish

\$5.99 at pyrexware.com
8½ x 4½ x 3¼ inches

WHY BUY It's nice to be able to look through the sides of a glass pan to see how baked goods are browning, and this pan offers a super-cheap way to do so. It's great for savory breads—it produces a browned, nicely shaped loaf—though we'd use it for meatloaf, layered terrines, and casseroles, too (make these ahead and freeze; the pan can go straight from the freezer to the oven). It's a great serving option, thanks to its durable, scratch-resistant glass, which allows you to cut in the pan. This pan is dishwasher and microwave safe.

KEEP IN MIND Food can stick to the glass, so grease generously. We found that items with a high sugar content (like pound cake) baked less evenly, overbrowning in some spots. While the pan can go from cold to hot, such as from the freezer to the oven, the company recommends avoiding drastic hot-to-cold temperature changes.

Maryellen Driscoll is a Fine Cooking contributing editor.

An Affair to Remember

He was nearly 90 years old, almost toothless, and arthritic. He was also the man of her dreams. **BY GABRIELLE HAMILTON**

FOR A TIME, I HAD MY IDEAL MAN. He held his pants up with twine, high on his waist, and his dusty shoes curled at the cracked toe. He was also missing some teeth, peripheral vision, and memory, but at nearly 90 years old, he grew and sold the most beautiful vegetables in town, and I was magnetically drawn to him.

He set up his stand under the shade of a large tree across from the bocce courts in a small seaside town in Puglia, where I'd been spending summers with my Italian husband's family. He parked his dented, faded blue three-wheeled motor cart against the curb in the little square and very slowly unpacked his few wooden crates. Vendors on both sides of him pulled up in self-contained, state-of-the-art mobile stalls and popped open their awnings. From the gleaming interiors of these traveling stores, young Italian guys, glistening with hair gel and diamond-crusted Gucci sunglasses, sold all manner of cured meats sliced there on the spot, at least eight types of olives, and three sizes of capers in brine, as well as imported cheeses and yellow bell peppers from Holland. They rang up their sales on electronic cash registers.

Meanwhile, my soul mate over in the shade of the tree, bent nearly in half and with shaking arthritic hands, pulled back the burlap that covered the wagon of his cart, revealing grimy eggs, puntarelle, shell beans, potatoes, zucchini blossoms, and fresh figs from his own small plot of land, which he himself had planted and tended, picked and packed.

"How much for the eggs?" I asked.

"One euro for one dozen."

"And the puntarelle?"

He shrugged. "One euro for one kilo," he said as he began wrangling big leafy heads of the unwieldy Italian dandelion into a crumpled recycled plastic bag, which he dug out of the front seat of his battered cart. In the back of the wagon, my man's few vegetables were tossed in next to a jug of gasoline and a coil of thin rope and some cracked plastic pails. I bought a huge bag of the puntarelle and all of his eggs. He tossed my coins onto the seat of the cab, and I practically skipped home, swinging my bags, like a girl with a crush.

For lunch, my mother-in-law, Alda, boiled the fat buds of the puntarelle in heavily salted water for a little longer than most of us would. When they cooled to room temperature, she drowned them—deliciously—in

"He was the last of a time when we just grew it, cooked it, and ate it, and didn't talk so much about it."

olive oil from her own orchards. I took the remaining leafy greens and made a salad, with a dressing lively and assertive enough to tame their rather austere bitterness. Fried bread croutons and a few cracklings of pancetta did their parts as well. And my *vecchio* boyfriend's eggs, with yolks as red as persimmons, gently boiled and set on top, seemed only right, since the dandelion and eggs had just moments before been side by side in the back of his wagon. I sighed dreamily. Possibly more than once, because at some point Alda said, "*Che c'è?*—what is there?" or more accurately, "What's the matter with you?"

My attraction to the old man might seem immoderate, even weird, but I'd come to fear that he'd disappeared altogether, my kind of farmer. This worry had sprung up some years earlier, at a farmers' market in New York, when a girl selling over-priced vegetables and wearing sparkly barrettes and perfectly styled overalls screeched at me, "Don't touch the peas!" just as I was shoveling five pounds of them into a bag for my restaurant. Shamed and startled, I dropped the peas and walked away.

And from then on, I never returned. I so lamented the loss of the sturdy, unprecious workaday markets I'd grown up with. I remembered the rough and tumble Italian market in Philadelphia, where I used to bob and weave among giant provolones as big as me, which hung, unrefrigerated, from the rafters like punching bags (and stunk!), while my mother did her shopping. When I was a



young cook in a restaurant in Turkey, I went to the outdoor market every week. There, the chain-smoking farmers piled their eggplants, peppers, and onions on plain black tarps, flicked their ashes wherever, and got down on their carpets in the middle of a sale to pray to Allah. To have all that supplanted by a new kind of unrecognizable farmers' market, with a new kind of self-referential farmer—with hair gel or sparkly barrettes, who admonishes you for touching the peas—had left me with significant longing.

Of course I fell in love with the toothless guy with the beautiful puntarelle casually tossed next to the can of gasoline. He's everything I grew up with. He's the last of a time when we just grew it, cooked it, and ate it, and didn't talk so much about it. A time when you could still touch the vegetables, and the farmer didn't chase you away.



dandelion salad with pancetta, eggs, and croutons

Dandelion greens are a good substitute for puntarelle, which is widely available in Italy but extremely difficult to find in the United States.

Serves 4

- 2 large eggs, at room temperature**
- 1 bunch dandelion greens (about ½ lb.)**
- ½ cup plus 2 Tbs. extra-virgin olive oil**
- 1 cup stale crusty bread, cut into ½-inch cubes**
- 4 oz. pancetta, thinly sliced into rounds, then thinly sliced into ribbons**
- ½ medium clove garlic**
- ½ anchovy fillet, drained if oil-packed, rinsed if salted**
- 1 Tbs. fresh lemon juice**
- Kosher salt and freshly ground black pepper**

Bring a 1-quart pot of water to a boil over high heat. Gently add the eggs, reduce the heat to a simmer, and cook for 8 minutes. Drain immediately and run under cold water until the eggs have cooled completely. Peel and set aside.

Meanwhile, trim the stems from the dandelion leaves and cut the leaves into bite-size pieces. Wash in cold water and spin dry.

In a heavy-duty 10-inch skillet, heat ½ cup of the oil over medium heat until shimmering hot. Add the bread and stir with a slotted spoon until the croutons are golden-brown and cooked through, about 2 minutes. Transfer the croutons to a plate lined with paper towels and set aside.

Add the pancetta to the pan and cook, stirring constantly, until crisp, about 2 minutes. If it sticks together while cooking, try to sepa-

rate it with the spoon. Transfer the pancetta to the paper-towel-lined plate.

Smash the garlic to a paste with the side of a chef's knife and transfer to a large salad bowl. With the back of a wooden spoon, mash the anchovy fillet with the garlic until thoroughly combined. Stir in the lemon juice. Slowly drizzle in the remaining 2 Tbs. olive oil, stirring constantly with the wooden spoon. Add the dandelion leaves to the bowl and toss well. Add the croutons and pancetta and toss again. Season to taste with salt and pepper. Cut the eggs into wedges—either quarters or sixths—and arrange them on the salad. Serve.

Gabrielle Hamilton is the chef-owner of Prune restaurant in New York City and the author of Blood, Bones & Butter: The Inadvertent Education of a Reluctant Chef.



THE GOOD LIFE

The Right Way to Cook Vegetables

Three keys to getting the maximum nutrition from your vegetables. **BY ELLIE KRIEGER**



“Did you know that how you cook your vegetables makes a huge difference in how well they retain nutrients?”

YOU GO OUT OF YOUR WAY to buy the freshest, peak-season vegetables, not only because they taste good but also because they're packed with vitamins, minerals, and antioxidants. But did you know that how you cook them makes a huge difference in how well they retain those nutrients? Some cooking methods preserve nutrients and even help them enter your bloodstream, while others can destroy them. So once you get those vegetables home from the market, look to the strategies here to get the most nutritional bang for your buck.

1. LIMIT THE WATER

When you cook vegetables in water, you lose nutrients. You know that green hue the water takes on after you've boiled or blanched your broccoli? That's a sign that vitamins like C and B have leached into the water, only to be poured down the drain. To retain these vitamins, cook vegetables in as little water as possible for a minimal amount of time (unless you're planning to consume the water, as in a soup). Steaming and microwaving, both of which use little water, will give you the same results as boiling or blanching but with much less nutrient loss. So instead of boiling potatoes before mashing them, steam them. Instead of blanching

broccoli, green beans, or asparagus, steam or microwave them until crisp-tender.

Similarly, if you want your vegetables cooled, don't plunge them into an ice bath; like hot water, cold water can also leach nutrients. Instead, cook vegetables for a minute less and then spread them in a single layer on a baking sheet so they'll cool quickly at room temperature.

2. USE A LITTLE FAT

Eating plain steamed vegetables may sound like the best way to go nutritionally, but you're actually better off eating vegetables with some fat. Many nutrients, like beta carotene, vitamin D, and vitamin K are fat soluble, so they can only pass from our intestine into our blood stream with some fat to carry them across. It's like a nutritional buddy system. So toss those steamed veggies with a flavorful vinaigrette, or sauté or stir-fry them—all of these methods use some fat (which helps maximize absorption) but little if any water (to minimize nutrient loss). They'll also make your vegetables tastier than plain steamed ones, so you'll be inspired to eat more.

3. ADD CITRUS

Vegetables like spinach, broccoli, and kale contain lots of iron, but it's in a form that's difficult for our bodies to use, so most of it passes through undigested. Vitamin C, which citrus fruits provide in spades, reacts with iron chemically, changing it into a form that's more easily absorbed by our bodies. In other words, it makes the iron user-friendly. So go ahead and add a splash of lemon, lime, orange, or grapefruit juice to that stir-fry or sauté.

The three strategies here are all used in the recipe opposite; it's a perfect example of how to maximize nutrition in a delicious way. The green beans are briefly steamed instead of boiled. Then they're sautéed with yellow peppers and shallots in a touch of healthful olive oil until just tender. Fresh spinach is tossed in at the end, and the dish is finished with splash of orange juice. I can't think of a better way to get the most out of your vegetables.

Good to Know: Prepping Vegetables

Cooking affects how vegetables retain nutrients, but how you prep them matters, too. Here are some tips:

- **Wash before cutting** Cutting a vegetable breaks its cell walls, allowing nutrients to escape into any water on contact. By washing uncut vegetables, nutrients stay safely tucked inside their cell walls and won't be leached into the water.
- **Keep the peel on** Many key nutrients are found in or just under the vegetable peel, so leave the peel on whenever possible.

- **Cook soon after cutting** Nutrients can be destroyed when exposed to light and air. Cook and eat vegetables soon after cutting to keep vitamins and minerals secure in their cells as long as possible.
- **Cut larger, uniform pieces** Larger pieces mean fewer cell walls severed and fewer nutrients lost to heat, light, or cooking water. Cutting uniform pieces ensures that everything is done at the same time, eliminating overcooked pieces and loss of nutrients.

Photographs: head shot by Christopher Hirsheimer; food by Scott Phillips; food styling by Samantha Seneviratne



vegetable sauté with orange and balsamic

This healthful, brightly flavored side dish is perfect for a weeknight—it cooks in less than 10 minutes.

Yields 4 servings

- ½ lb. haricots verts or thin green beans, trimmed**
- 2 Tbs. olive oil**
- 2 medium shallots, halved and thinly sliced (about ½ cup)**
- 1 tsp. chopped fresh rosemary**
- 1 medium yellow bell pepper, cored and sliced ¼ inch thick**
- 3 Tbs. fresh orange juice**

½ Tbs. balsamic vinegar

1 tsp. finely grated orange zest

3 cups lightly packed fresh baby spinach leaves

Sea salt and freshly ground black pepper

In a pot fitted with a steamer basket, bring 1 to 2 inches of water to a boil. Put the haricots verts in the steamer basket, cover, and steam until bright green and just beginning to soften, 2 minutes. Transfer the haricots verts to a bowl and set aside.

Heat the oil in a 12-inch skillet over medium-high heat. Add the shallots and rosemary

and cook, stirring, until the shallots begin to brown, 1 to 2 minutes. Reduce the heat to medium, add the haricots verts and bell pepper and cook, stirring, until the pepper begins to soften, about 2 minutes. Stir in the orange juice, balsamic vinegar, and orange zest. Add the spinach and cook, stirring, until just wilted, about 20 seconds. Remove from the heat, season to taste with salt and pepper, and serve.

Registered dietitian Ellie Krieger is a Fine Cooking contributing editor.



THE SCIENCE OF

Roasting Meat

Everything you ever wanted to know about your Sunday roast. BY DAVID JOACHIM AND ANDREW SCHLOSS

IN 1825, THE FAMOUS FRENCH GASTRONOME Brillat-Savarin wrote, “We can learn to be cooks, but we must be born knowing how to roast.” So why is roasting meat such a mystery? Maybe it’s because cuts of meat vary widely in thickness and in protein, water, and fat content, all of which can change the ideal roasting method. Or maybe it’s because when you’re roasting, all of the cooking happens out of plain sight. Whatever the reason, the truth is that roasting meat is actually simple—once you know what’s going on behind that closed oven door.

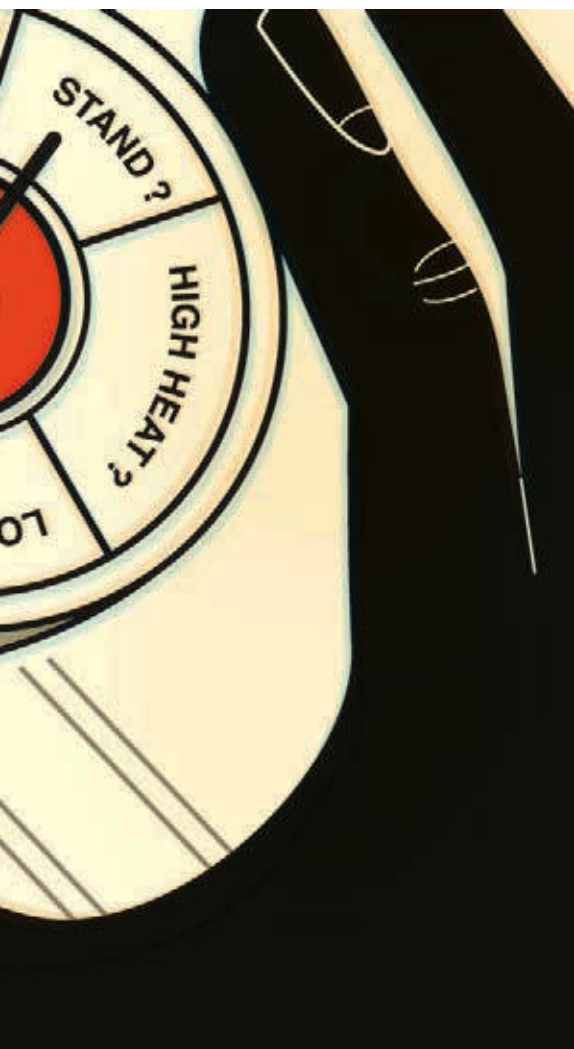
Why do so many roasting recipes say to let the meat stand at room temperature for up to an hour before cooking?

To take the chill off the meat’s surface so it browns better. Meat is typically refrigerated at about 37°F, but browning doesn’t begin to occur until about 310°F. Letting meat sit out of the refrigerator gradually raises the meat’s surface temperature, so when it hits the hot oven, it quickly reaches browning temperature and then develops a thick crust. (Cold meat won’t brown as quickly or as easily.)

Small roasts (less than 3 pounds) will lose their surface chill in less than 30 minutes, while large roasts can rest at room temperature for up to an hour. (This isn’t a food safety issue as long as the meat doesn’t stay out for more than two hours.)

Should I roast meat on or off the bone?

If you have a choice between a boneless roast and one that’s bone-in, go for the bone-in. Bone-in roasts taste juicier and richer, thanks to collagen, a type of fibrous protein that



“Roasting meat is actually simple—once you know what’s going on behind that closed oven door.”

Is it better to roast meat at a high heat quickly or at a low heat slowly?

It all depends on the cut of meat you’re roasting and the results you want. Roasting at high temperatures (400°F and above) browns meat quickly, which makes a roast look and taste delicious. This method is generally best for thin, tender cuts like beef and pork tenderloin, which rely on that well-browned crust for flavor. But high heat also has a drawback—it can cause moisture loss, resulting in drier meat.

For thick and somewhat tender cuts like beef standing rib roasts and center-cut pork loin roasts, a moderated version of high-temperature roasting works best. With this method, you start the meat roasting at a high temperature (450°F to 500°F) to brown the surface, and then reduce the heat to a more moderate temperature (300°F to 350°F), so the meat can gradually reach the ideal internal temperature. Some cooks prefer to do the browning step in a hot pan on the stovetop and then transfer the meat to a 300°F to 350°F oven to finish roasting. This stovetop-to-oven roasting method works best with smaller roasts, like rack of lamb.

Finally, low-temperature roasting (below 250°F) is excellent for very large and/or tough cuts of meat like pork shoulder and beef chuck roast. Lowering the temperature may limit the degree of flavorful surface browning, but it allows the meat to cook more evenly from the surface to the interior. Low heat also helps keep the entire roast moist, which reduces shrinkage and improves juiciness. Most important, slow-roasting allows time for the collagen to dissolve into gelatin, and for enzymes in the meat to help break down and tenderize the tough fibers, resulting in a more succulent texture.

Why should meat rest after roasting?

To make it juicier. During roasting, the heat concentrates the juices in the center of the meat. If you cut into it straight out of the oven, the juices readily dribble onto the plate. But as the meat cools, the proteins become firmer and are better able to retain the juices.

Keep in mind that, early on in the resting period, the heat from the surface of the roast will continue to radiate toward the center, causing the internal temperature to rise a few degrees at a rate relative to the meat’s density and thickness. This is called carryover cooking. For this reason, roasted meats—especially large or thick roasts and those roasted at high temperatures—should be removed from the heat when they are 5°F to 15°F shy of the desired internal temperature, depending on the roast’s size and the type of meat. (Note that good recipes should take this into account, instructing you to remove meat from the oven before it reaches the desired doneness temperature.) For an accurate temperature reading, insert the thermometer into the thickest part of the meat but not near or touching bone. Bones conduct heat more slowly than do fat and muscle, so meat near the bone will register a slightly lower temperature.

How long you let the meat rest depends on the size and final internal temperature of the roast. Meat tends to taste best eaten at a temperature of about 120°F. The larger the roast and the higher the meat’s final temperature, the longer it will take for the internal temperature to drop to 120°F.

David Joachim and Andrew Schloss are the authors of the award-winning reference book The Science of Good Food.

concentrates in bones and in the cartilage surrounding bones. During cooking, water in the meat is driven out of the cells, helping to dissolve the collagen in and around the bone into rich-tasting gelatin, which creates a better mouthfeel.

Roasting meat on the bone also produces tender, rare meat near the bone (hence the phrase “tender at the bone”). That’s because the honeycomb air pockets in bones make poor conductors of heat. Bones slow down the cooking, causing meat near the bone to roast at a slower rate and remain more rare.



A tasty start to the day:
grapefruit-tequila cocktails and
a smoked trout and cucumber
salad on sourdough toast.



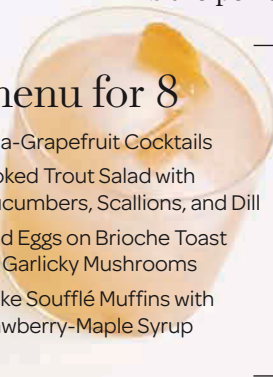
Brunch in the Kitchen

Delicious recipes: check. A killer cocktail: check. The perfect party menu for the season (which you'll love cooking with friends): check (and check). **BY BILL TELEPAN**
PHOTOGRAPHS BY PERNILLE PEDERSEN

IT'S THE WEEKEND, and you're ready to party (and cook). This celebration-worthy brunch menu is the perfect excuse to do just that. It's "party in the kitchen" fare, so tell your friends to come over hungry and prepared to cook.

Draw them into the kitchen with fresh grapefruit-tequila cocktails. As people sip their drinks, you can platter the family-style first course—a creamy, crunchy, salty salad of smoked trout and cucumbers—and friends can make a

basket of sourdough toast to go with it. The main course of poached eggs with garlicky sautéed mushrooms and brioche comes together quickly with a few extra hands, and the pay-off is oh-so-satisfying. While those plates are being cleared, pop the pancake soufflé muffins in the oven and get ready for high praise when they come out. Topped with strawberry-maple syrup and confectioners' sugar, they're like your favorite breakfast dish and dessert all in one. It's definitely time to rise and dine.



menu for 8

Tequila-Grapefruit Cocktails
Smoked Trout Salad with
Creamy Cucumbers, Scallions, and Dill
Poached Eggs on Brioche Toast
with Garlicky Mushrooms
Pancake Soufflé Muffins with
Strawberry-Maple Syrup



tequila-grapefruit cocktails

This cocktail is a riff on the classic combination of tequila and grapefruit soda known as a Paloma. Here, fresh grapefruit juice and grapefruit-infused tequila add bright, citrusy flavor to the drink, while elderflower liqueur adds a touch of sweetness.

Yields 2

4 fl. oz. (½ cup) grapefruit-infused silver (blanco) tequila (see note below), preferably Partida (or Don Julio Blanco or El Mejor)

2 fl. oz. (¼ cup) fresh grapefruit juice

1½ fl. oz. (3 Tbs.) St-Germain elderflower liqueur

1 fl. oz. (2 Tbs.) fresh lime juice

Club soda

Grapefruit twists or lime wedges, for garnish

Put the tequila, grapefruit juice, St-Germain, and lime juice in a cocktail shaker filled with ice. Cover and shake vigorously for 10 seconds. Strain into 2 double old fashioned glasses filled with fresh ice, and top with a splash of club soda. Garnish with a twist or a wedge of lime.

Note: To make the grapefruit-infused tequila, shave the zest from 2 grapefruits with a vegetable peeler. Add the zest to a 750-ml bottle of silver tequila (pour off enough tequila to make room for the zest). Chill in the refrigerator for at least 3 days and up to 2 weeks. Remove the zest after 2 weeks. The tequila will keep indefinitely once the zest is removed.

The Brunch Bar

The Tequila-Grapefruit cocktails in this menu are a refreshing way to get the party going. Leave all the fixings out on the bar (including the gorgeous bottle of grapefruit-infused tequila, so everyone can see it), and be sure to set out plenty of ice. Fresh lime wedges and twists of grapefruit zest are fragrant garnishes.



This fresh-tasting first course is served on a platter (below left) so guests can help themselves (above).



smoked trout salad with creamy cucumbers, scallions, and dill

This super-springy starter comes together in minutes.

Serves 8

- 1 medium English cucumber, peeled, halved lengthwise, seed core removed, and thinly sliced (2 cups)**
- ½ cup crème fraîche**
- ¼ cup fresh lemon juice**
- 2 Tbs. chopped fresh dill, plus sprigs for garnish**
- Kosher salt**
- 6 Tbs. extra-virgin olive oil**
- 1 lb. smoked trout, skin removed**
- 4 medium scallions, thinly sliced**
- Freshly ground black pepper**
- 8 ¼-inch-thick slices sourdough toast, for serving**

In a medium bowl, mix the cucumber with the crème fraîche and 2 Tbs. of the lemon juice. Add the dill and season to taste with salt.

In a large bowl, whisk the remaining 2 Tbs. lemon juice with the olive oil and a pinch of salt. In the bowl, flake the trout into chunks, making sure to remove any bones. Add the scallions and gently toss to combine. Season to taste with salt and pepper.

Make a bed of the cucumbers on a large platter (or divide them among 8 small plates); top with the trout mixture. Garnish with dill sprigs and serve with the toast.



Cooking together makes light work of this elegant poached egg main course (left and below); the finished dish (opposite) is a delicious sum of its parts.

poached eggs on brioche toast with garlicky mushrooms

This decadent version of eggs on toast pairs rich brioche with poached eggs, earthy mushrooms, fresh spinach, and garlic oil. The runny egg yolks merge with the oil to become a delicious sauce that dresses the dish.

Serves 8

- ¾ cup extra-virgin olive oil**
- 1½ lb. hen of the woods mushrooms (or other exotic mushrooms, such as oyster), broken into large pieces**
- Kosher salt**
- 1 Tbs. distilled white vinegar**
- 8 large eggs**
- 1 Tbs. minced garlic**
- 1 Tbs. finely chopped fresh flat-leaf parsley**
- 8 ¾-inch-thick slices brioche**
- 2 oz. (4 Tbs.) salted butter; or as needed**
- 6 oz. (6 loosely packed cups) baby spinach**

Position a rack in the center of the oven and heat the oven to 450°F.

Heat 2 Tbs. of the oil in a 12-inch skillet over medium-high heat until shimmering hot. Add half of the mushrooms in a single layer and brown them on one side, 2 to 3 minutes. Flip the mushrooms and cook for 30 seconds more. Season them with salt and transfer to a plate. Repeat with 2 more Tbs. oil and the remaining mushrooms. Season them with

salt and return the reserved mushrooms to the skillet. Add 2 Tbs. water, put the skillet in the oven, and roast until tender, about 5 minutes.

While the mushrooms are cooking, bring 3 quarts of water, the vinegar, and ½ Tbs. salt to a boil in a 4-quart saucepan over high heat. While the water heats, crack 4 of the eggs into separate cups or coffee mugs. Reduce the heat to maintain a gentle simmer and then carefully slide the eggs into the water. Poach the eggs until the whites are set and the yolks are still runny, about 2 minutes. Using a slotted spoon, transfer the eggs to a plate lined with paper towels, leaving space between each egg. Repeat with the remaining eggs. Trim away any scraggly bits of egg white.

In a small skillet over medium-high heat, heat the remaining ½ cup oil and the garlic, stirring, until the garlic is light golden-brown, about 1½ minutes. Carefully add the parsley (it will bubble) and immediately transfer the mixture to a small bowl.

Toast the brioche until golden-brown and butter it.

Divide the spinach among 8 large plates. Lightly season the spinach with salt and drizzle with some of the garlic oil. Position a slice of toast in the center of each plate, and put an egg on top of each slice. Sprinkle the eggs lightly with salt. Arrange the mushrooms



on the plates and drizzle with the remaining garlic oil.

MAKE AHEAD

The mushrooms may be browned up to 3 hours ahead. Set aside in the skillet at room temperature. Add the water and roast shortly before serving.

The eggs may also be poached up to 3 hours ahead. Undercook them slightly (about 1½ minutes) and then transfer to ice water to stop the cooking. When cool, arrange in a single layer on a tray lined with paper towels, cover with plastic wrap, and refrigerate. When ready to serve, reheat in gently simmering water, for about 1 minute.

The garlic oil may be made up to 2 hours ahead.





To get a shopping list for this menu,
visit [FineCooking.com/extras](https://www.finecooking.com/extras).

pancake soufflé muffins with strawberry-maple syrup

These slightly sweet treats are a delicious cross between a muffin, a pancake, and a soufflé. Egg whites beaten to stiff peaks help them rise, and buttermilk gives them tang. Freeze any leftover muffins in a zip-top freezer bag for up to 2 weeks.

Yields 24 muffins; serves 12

FOR THE MUFFINS

Nonstick cooking spray

10½ oz. (2½ cups) all-purpose flour

4½ oz. (1 cup plus 2 Tbs.) cake flour

2 tsp. baking soda

2 tsp. baking powder

1 tsp. kosher salt

6 large eggs, separated and at room temperature

¾ tsp. cream of tartar

3 oz. (6 Tbs.) unsalted butter, melted and cooled slightly

6 Tbs. granulated sugar

1 tsp. pure vanilla extract

3½ cups buttermilk, at room temperature

Confectioners' sugar, for sprinkling

FOR THE STRAWBERRY SYRUP

1 cup pure maple syrup

1 cup quartered, hulled ripe strawberries

MAKE THE MUFFINS

Position a rack in the center of the oven and heat the oven to 400°F. Liberally spray two 12-cup muffin pans with the cooking spray.

In a medium bowl, mix the all-purpose flour, cake flour, baking soda, baking powder, and salt; set aside.

In a large, clean mixing bowl, beat the egg whites and cream of tartar with an electric

hand mixer on medium-high speed to firm (but not dry) peaks, 2 to 3 minutes. Set aside.

In another large bowl, beat the egg yolks with the mixer on medium-high speed until thick, ribbony, and lemon-yellow, about 6 minutes. Add the melted butter, sugar, and vanilla; mix on medium-low speed until combined, about 30 seconds. Add one-third of the dry ingredients and mix on low speed. Add one-third of the buttermilk and mix to combine. Alternate adding the remaining dry ingredients and buttermilk, ending with the buttermilk and mixing until just combined.

With a large rubber spatula, gently fold the whites into the batter, leaving some streaks. (The batter may be prepared to this point up to 2 hours ahead; cover and refrigerate.)

Scoop about ½ cup of the batter into each muffin cup—you can fill the cups to the rims. Bake, rotating the pans after 10 minutes, until browned on top and puffed, and a toothpick inserted in the centers comes out dry, 20 to 25 minutes total.

MAKE THE SYRUP

While the muffins are baking, bring the maple syrup to a boil in a small pot over medium-high heat. Put the strawberries in a medium serving bowl. Pour the syrup over the berries and set aside in a warm spot.

SERVE

With an offset spatula, pop the muffins out of the cups and arrange on a platter. Sprinkle with confectioners' sugar and serve with the syrup.

Bill Telepan is the chef-owner of Telepan restaurant in New York City. ■



The tender, light-as-air pancake soufflé muffins (top) are a cinch to bake during the party, thanks to a make-ahead batter (above); berries in syrup are a fresh topping to this sweet ending (opposite).

The Brunch Plan

This menu is meant to be cooked with friends, but there are some make-ahead elements that will help it come together smoothly.

3 TO 14 DAYS AHEAD	UP TO 3 HOURS AHEAD	UP TO 2 HOURS AHEAD	15 MINUTES AHEAD	AS GUESTS ARRIVE	FOR THE SECOND COURSE	FOR DESSERT
						
<ul style="list-style-type: none"> • Make the grapefruit-infused tequila for the cocktails. 	<ul style="list-style-type: none"> • Poach the eggs and chill them quickly in an ice bath; refrigerate. • Brown the mushrooms; set aside at room temperature. 	<ul style="list-style-type: none"> • Make and refrigerate the batter for the pancake soufflé muffins. • Make the garlic oil; set aside at room temperature. 	<ul style="list-style-type: none"> • Prepare the smoked trout and cucumbers for the salad. 	<ul style="list-style-type: none"> • Make and serve the cocktails. • Toast the sour-dough; plate and serve the smoked trout salad. 	<ul style="list-style-type: none"> • Roast the mushrooms. • Reheat the eggs. • Toast and butter the brioche. • Plate and serve the egg dish. 	<ul style="list-style-type: none"> • Bake the pancake soufflé muffins. • Make the strawberry-maple syrup. • Sprinkle muffins with confectioners' sugar and serve with the syrup.



Salt-Crusted Fish

This simple method (and impressive dinner party trick) delivers silky, ultramoist fish with incredible flavor.

BY TONY ROSENFELD

SALT-CRUSTING FISH has always seemed magical to me. I first learned about the technique during an apprenticeship at Bastianelli al Molo, an upscale seafood restaurant just outside Rome. Every couple of minutes during the dinner rush,

waiters would speed away from the roasting station, balancing platters of whole fish encased in mounds of hardened salt. Working tableside with a large fork and serving spoon, they would crack open the salt



Cracking open the salt crust reveals the perfectly cooked whole rainbow trout inside.

crust, carefully extract the pristine, steaming fish fillets within, and serve the fish with a drizzle of good olive oil. From my perch at the grill station, I studied every moment of the process, taking careful mental notes.

Though salt-crusting has all the drama of a restaurant technique, it's easy to do at home. All you need is a large baking sheet, a remote probe or instant-read thermometer, a big box of kosher salt, some oil,

water, egg whites, and a fresh whole fish. (Almost any round fish will do; salmon, striped bass, and trout are all great choices. See the buyer's guide on page 53 for more options.)

Continued on page 51



Patting the salt crust mixture—kosher salt, egg whites, and water—around the fish encases it and protects it from the oven's heat during roasting.

The technique is simple. First, stir together the salt, water, and egg whites—this will be your salt crust. Make a bed of the salt mixture on the baking sheet, set the fish on top, and cover with the rest of the salt, patting it around the fish to enclose it completely.

Roasting the fish inside this crust essentially creates an oven within your oven. The crust maintains an even temperature so the fish cooks gently, and it protects the fish from the oven's dry heat, locking in juices and absorbing steam. This way, the finished fish has the silky texture you expect from roasting, not the sogginess you get from steaming.

Even the fish's skin plays a part, adding another layer of protection for the delicate flesh inside. Because the skin is removed before serving, the fish is never overly salty, just well-seasoned.

Salt-crusting is going to be your new favorite way to cook fish. It's foolproof, and the results are dramatic and delicious—no magic required.

The salt of the matter

You'll need quite a bit of salt for this technique. Kosher salt works better for salt-crusting than table salt because its larger crystals give you a sturdier crust. To know how much to buy, refer to the chart (above right) and keep the following in mind:

- A 3-lb. box of Morton's kosher salt contains about 6 cups of salt.
- A 3-lb. box of Diamond Crystal contains about 9 cups.

salt-crusted fish

Almost any round fish—a fish with eyes on both sides of its head—will cook perfectly using this salt-crusting technique. A gutted, scaled whole fish, with its head, is ideal for salt-crusting, but a headless fish works, too (see p. 53 for more information on buying the fish). The recipe is based on the weight of the fish; refer to the chart below for ingredient amounts and cooking times.

FISH	SERVES	OLIVE OIL	KOSHER SALT	EGG WHITES	WATER	COOK TIME
12 oz. to 1 lb.	1 to 2	½ tsp.	3 cups	2	¼ cup	15 to 20 min.
1 to 2 lb.	2 to 3	1 tsp.	4½ cups	3	¼ cup + 2 Tbs.	20 to 30 min.
2 to 3 lb.	3 to 4	2 tsp.	6 cups	4	½ cup	30 to 45 min.
3 to 4½ lb.	4 to 5	1 Tbs.	7½ cups	5	½ cup + 2 Tbs.	40 min. to 1 hour

Optional aromatics for the cavity: fresh rosemary, dill, or thyme sprigs; bay leaves or fennel fronds; thin slices of garlic, shallots, or fresh ginger; thin slices of lemon or orange

Position a rack in the center of the oven and heat the oven to 400 °F.

APPLY THE SALT CRUST

Rinse the fish well, inside and out. Make sure there are no loose scales on the skin. Pat the fish completely dry with paper towels and put it on a large rimmed baking sheet or cutting board.

Stuff the cavity of the fish with your choice of aromatics, if using. Rub the skin of the fish all over with the olive oil (this will make it easier to remove the salt crust after roasting).

In a large bowl with a rubber spatula, mix the salt with the egg whites and water. Spread enough of the salt mixture on the bottom of a large rimmed baking sheet to make a bed about ¼ inch thick and roughly the same size as the fish. Put the fish on top of the salt bed. Using your hands, coat the fish

with the remaining salt mixture to make a ¼-inch-thick crust, molding it around the contours of the fish. (If using a large fish, the tail or head may extend beyond the rim of the pan and therefore won't be covered with the salt mixture—this is fine.)

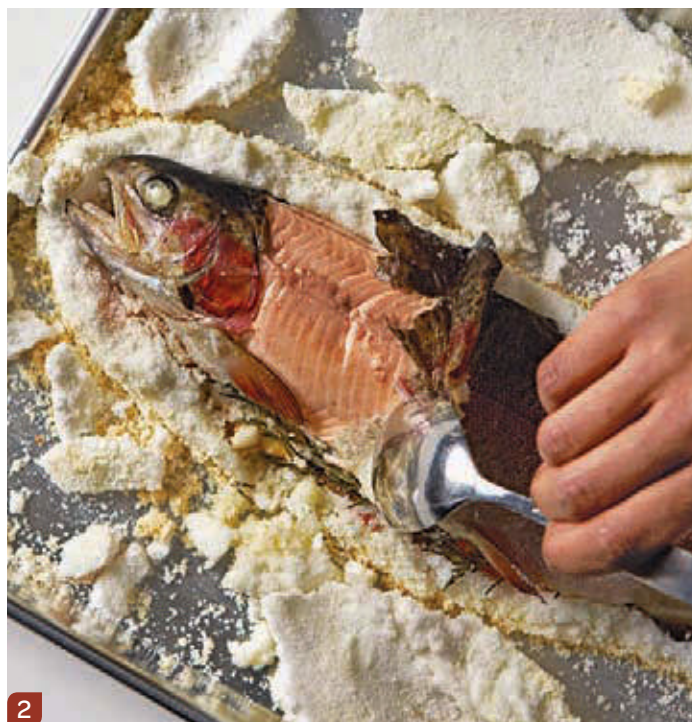
ROAST THE FISH

If using a remote probe thermometer, insert the probe near the spine behind the head (the thickest part of the fish). If using an instant-read thermometer, apply a marker (such as a piece of garlic or shallot) to the crust at this spot so you know where to check the temperature later.

Roast until the thermometer registers between 135 °F and 140 °F. Start checking at the lower end of the time range in the chart above. Let the fish rest in its crust for 5 to 10 minutes before serving.



The oven's heat hardens the salt crust into a shell that helps the fish cook evenly.



SERVE THE FISH

Tap the salt crust with the back of a large metal spoon to break it.

Using a large fork and the spoon, push the crust to the side so the fish is exposed. Then use a pastry brush to flick away any salt that's sticking to the skin **1**.

With the spoon, gently scrape the skin

off the top of the fillet and push it to the side **2**.

Run the spoon along the spine to separate the flesh from the bones **3**. Use the fork to help move the flesh to serving plates.

Once you've removed all of the top fillet, grip the tail end of the bones and pull them away to expose the bottom

fillet **4**. Push aside any ingredients stuffed into the cavity. Use the spoon to separate the bottom fillet from the skin.



Watch author Tony Rosenfeld make a salt-crusted fish at FineCooking.com/extras.

Salt-Crusted Fish: A Buyer's Guide

WHAT TO BUY

When shopping for fish, freshness is key. Try to buy fish on the day you plan to cook it, and seek out the freshest fish your market has to offer. Don't be shy about asking to examine the fish closely. Here's what to look for:

- **Eyes** Clear, not gray, cloudy, or sunken
- **Flesh** Firm to the touch and moist (not mushy or slimy)
- **Gills** Vibrant and bright red
- **Aroma** Clean and briny, like the sea (not fishy)

Once you've selected a fish, ask the fishmonger to gut and scale it for you.

HOW TO STORE

At home, rinse the fish well inside and out. Pat it thoroughly dry, wrap it in paper towels, and store it in a plastic bag in the coldest part of the refrigerator. If you need to store it overnight, set the fish in its plastic bag on a bed of ice in the refrigerator.

PICK YOUR FISH

It's always best to choose fish varieties that are local, but here are some delicious, sustainable options that are available nationwide.



Black Sea Bass

A sweet, meaty fish. Wild-caught black sea bass from north- and mid-Atlantic waters is a good option.



Trout

A small, full-flavored fish. Wild and domestically farmed are both good choices.



Striped Bass

A thick and meaty fish with a mild flavor. Wild and domestically farmed striped bass are both good picks.



Black Cod (Sablefish)

A white-fleshed, Pacific fish with a buttery flavor and firm texture. Look for wild-caught black cod from Alaska or British Columbia.



Salmon

A rich, flavorful fish with a silky texture. Look for wild Pacific salmon, particularly from Alaska.

Gilding the Fish

Salt-crusted fish is so delicious, it can be eaten simply with a squeeze of fresh lemon juice and a drizzle of extra-virgin olive oil. But if you feel like going all out, here are three quick, tasty condiments you can mix and match with any salt-crusted fish.

fennel, green olive, and mint relish

This tangy, crunchy relish is a delicious textural contrast to the silky fish.

Yields about 2 cups; serves 8

- 1 medium fennel bulb (about $\frac{3}{4}$ lb.), tough outer layers removed, cut into $\frac{1}{8}$ -inch dice (about 1 $\frac{1}{2}$ cups)**
- $\frac{1}{2}$ cup pitted green olives (like picholine), coarsely chopped**
- $\frac{1}{4}$ cup finely diced red onion**
- 1 Tbs. nonpareil (small) capers, rinsed and chopped**
Kosher salt and freshly ground black pepper
- 3 Tbs. extra-virgin olive oil**
- 2 Tbs. red wine vinegar**
- 2 Tbs. chopped fresh mint**

In a large bowl, toss the fennel, olives, onion, capers, and $\frac{3}{4}$ tsp. each salt and pepper. Let sit until the fennel starts to soften, about 10 minutes. Stir in the olive oil, vinegar, and mint and season to taste with more salt and pepper.





lemon-dill beurre blanc

Beurre blanc is a classic French butter sauce. The key to keeping the sauce emulsified is to use cold butter and whisk it in a bit at a time.

Yields about ¾ cup; serves 6

- 1 cup dry white wine (like Chardonnay)
- 1 large shallot, finely diced (about ½ cup)
- 4 oz. (½ cup) cold unsalted butter, cut into small cubes
- 3 Tbs. chopped fresh dill
- 2 tsp. finely grated lemon zest
- 2 tsp. fresh lemon juice, more to taste
- Pinch of crushed red pepper flakes
- Kosher salt and freshly ground black pepper

Cook the wine and shallot in a 3-quart saucepan over high heat, stirring occasionally, until the wine almost evaporates and looks glazy, 5 to 8 minutes.

Remove the pan from the heat and whisk in the butter a couple of cubes at a time until melted and the sauce is thick and creamy; briefly return the pan to low heat if the butter is slow to melt.

Off the heat, stir in the dill, lemon zest, lemon juice, red pepper flakes, ½ tsp. salt, and several grinds of pepper. Season to taste with more lemon juice, salt, and pepper.

caramelized onion and sherry vinaigrette

Caramelized sweet onions are puréed to make a rich, flavorful base for this vinaigrette.

Yields about 1 cup; serves 8

- ½ cup plus 2 Tbs. extra-virgin olive oil
- 1 small Vidalia or other sweet onion (about 10 oz.), thinly sliced
- Kosher salt
- 2 tsp. granulated sugar
- ¼ cup dry sherry
- 2 Tbs. sherry vinegar
- 1 tsp. Dijon mustard
- 2 Tbs. chopped oil-packed sun-dried tomatoes
- 2 tsp. chopped fresh thyme
- Freshly ground black pepper

Heat 2 Tbs. of the oil in a 10-inch skillet over medium-high heat. Add the onion and ¾ tsp. salt, reduce the heat to medium, and cook, stirring, until starting to soften, 2 to 3 minutes. Sprinkle with the sugar and cook, stirring, until completely softened and golden-brown, 10 to 13 minutes more. Remove the pan from the heat, add the sherry, and carefully return the pan to the stove. Raise the heat to medium high and cook, stirring, until the sherry has almost evaporated, about 1 minute. Transfer the onions to a cutting board, let cool for a couple of minutes, and then chop.

In a blender, purée about ¼ cup of the onions with the vinegar and mustard. With the motor running, slowly drizzle in the remaining ½ cup olive oil; the mixture will thicken. Transfer to a medium bowl. Stir in the remaining onions, sun-dried tomatoes, thyme, and salt and pepper to taste.

Tony Rosenfeld is a Fine Cooking contributing editor. ■

A collage of various asparagus spears. The top left shows a dense vertical stack of green spears. The middle left features a vertical stack of purple spears. The middle right shows a horizontal stack of green spears. The bottom left shows a horizontal stack of green spears, and the bottom right shows a vertical stack of purple spears. The spears are fresh, with some showing the characteristic scaly texture of the young shoots.

ASP

ASPARAGUS

Grill it, fry it, purée it—cook your way through the bounty with these exceptional recipes. **BY JOHN ASH**

I GREW UP ON MY GRANDPARENTS' RANCH in central Colorado. At 8,000 feet, winters were pretty harsh, so you can imagine how glad we were to see the wild asparagus pop up, usually in April, with its promise of warmer days. My grandmother and I would head out to pick the bright green stalks—and eat much of our bounty right on the spot; I could never get enough of that deliciously sweet, grassy flavor.

An asparagus plant takes three years to produce harvestable spears, but once mature, it can send up 7-inch shoots in a single day. With so much at hand, my grandmother and I found all sorts of ways to prepare asparagus, eating it every day of its short season.

Fresh asparagus, when grilled, pairs deliciously with a juicy steak; it can also be shaved into long, delicate strips and tossed with greens for a crisp salad. It lends a distinctive, mild flavor to soups and can be finely chopped and used as an elegant filling for ravioli. Better yet? The perfectly shaped spears make addictively good “fries.” But no matter how you cook it, asparagus is spring on a plate, and as readily available in farmers' markets and groceries as it is in the mountains of Colorado.

BUYING AND STORING

WHAT TO BUY

Choose spears that are firm, straight, and smooth, with tightly closed tips. Stalks should not be dry at the cut ends or limp. Open tips or ridges along the stem indicate old age; these stalks will be less flavorful and have a tough, woody texture. Thicker spears are usually tenderer than skinny ones (see sidebar, p. 61).

HOW TO PREP AND STORE

Prepping Trim away the tough, white woody base from the end of the asparagus spears. To ensure you've trimmed enough, cut off a sliver of the end and eat it: It should be tender. You can also snap off the bottom of the spear with your hands (it should break naturally where the stem starts to toughen), though you'll probably waste more tender asparagus than necessary.

Storing Stand trimmed spears upright in a jar with an inch or so of water. Cover with a plastic bag and store in the refrigerator for up to three days.



shaved asparagus salad with aged gouda and hazelnuts

Raw strips of asparagus are crisp, juicy, and great in salads. Allow the asparagus to marinate for no more than 15 minutes; any longer and it will begin to lose its crunchy texture.

Serves 6 to 8

FOR THE VINAIGRETTE

- 3 Tbs. seasoned rice vinegar
- 2 Tbs. fresh lemon juice
- 2 Tbs. extra-virgin olive oil
- 1 Tbs. fragrant honey, such as wild flower or orange blossom
- 1 Tbs. finely chopped shallot
- Kosher salt and freshly ground black pepper to taste

FOR THE ASPARAGUS

- $\frac{3}{4}$ lb. thick asparagus, trimmed
- 3 cups baby arugula
- $\frac{1}{2}$ cup toasted, peeled, and chopped hazelnuts
- 2½ oz. thinly shaved aged Gouda (use a vegetable peeler)

MAKE THE VINAIGRETTE

Whisk all of the ingredients together, cover, and refrigerate for up to 3 days.

PREPARE THE SALAD

Remove the tips of the asparagus and put them in a large bowl. Using a vegetable peeler, shave a stalk, discarding the first shaving. When shaving the first side becomes awkward, turn the stalk over and repeat. Add the shavings to the tips. Repeat with the remaining stalks. (See Test Kitchen, p. 89, for a technique tip.)

Toss the asparagus with $\frac{1}{2}$ cup of the vinaigrette and let sit for 10 to 15 minutes so that the flavors meld and the asparagus softens just a bit.

Add the arugula and hazelnuts and toss, adding more dressing as necessary to lightly coat the arugula. Arrange on plates and top with the shaved cheese. Serve immediately.



Find a bonus recipe for Asparagus and Spinach Soup with Roasted Garlic Custards at FineCooking.com/extras.



ASPARAGUS: COLOR KEY

There are approximately 300 species of asparagus plants within the *Asparagus* genus, but we eat just one: *Asparagus officinalis*. While the green variety is most common, purple and white asparagus can also be found in some farmers' markets and specialty stores.

Green

Its sweet, grassy notes become more vegetal with age. Although it's available in supermarkets much of the year, it's best consumed from early to late spring, when it's more likely to be harvested from a local source.

Purple

It's sweeter, tenderer, and produces fewer stalks per plant than its green cousin. Also known as Violetto d'Albenga, this variety originated in northwestern Italy (these days, it's also grown in California). To preserve its color, use it raw or cook it briefly; the longer it cooks, the more likely it'll turn from purple to green.

White

Milder than other varieties, it has just a touch of pleasant bitterness. White asparagus is buried in the soil and kept out of the sun to prevent it from developing chlorophyll, which would turn it green.



asparagus ravioli with brown butter sauce

Wonton wrappers are a quick alternative to homemade pasta for ravioli. The rich brown butter, bright lemon zest, and crunchy almond garnish perfectly complement the creamy asparagus filling.

Yields 18 ravioli; serves 4 as a main or 6 as an appetizer

Sea salt

- 1 lb. thick asparagus, trimmed, spears cut into 1-inch pieces, tips reserved**
- 6 Tbs. mascarpone**
- ⅓ cup whole milk ricotta**
- ¼ cup freshly grated Parmigiano-Reggiano; more for serving**
- 1 tsp. anchovy paste**
- ½ tsp. minced garlic**
- Pinch cayenne**
- Kosher salt and freshly ground black pepper**
- 36 wonton wrappers**
- 4 oz. (½ cup) unsalted butter**
- ½ cup blanched almonds, chopped**
- Finely grated lemon zest to taste**

Bring a medium pot of well-salted water to a boil over high heat. Have ready a medium bowl of ice water. Boil the asparagus tips until tender but still bright green, about 2 minutes. With a slotted spoon, transfer to the ice water. When cool, transfer with the slotted spoon to a small bowl and set aside. Cook and cool the asparagus spears in the same manner; dry them on paper towels. In a food processor (or by hand), chop 1½ cups of the spears very finely and transfer to a medium bowl. Add the remaining spears to the tips.

Add the mascarpone, ricotta, Parmigiano, anchovy paste, garlic, and cayenne to the chopped asparagus; mix well. Season to taste with salt and pepper.

Arrange 18 wonton wrappers on a work surface. Put 1 level Tbs. of the asparagus

filling in the center of each wrapper. Using a pastry brush, moisten the edges of each with water. Top each with another wrapper and press the edges firmly to seal, expelling any air bubbles as you seal. If you don't plan to cook the ravioli immediately, cover them with a damp cloth.

Bring a large pot of well-salted water to a rolling boil over high heat. Meanwhile, melt the butter in a 10-inch skillet over medium heat and add the almonds, shaking the pan. Cook until the butter turns light brown, about 6 minutes, and then immediately transfer to a small bowl.

Add the ravioli to the boiling water. When they rise to the surface, after about 1 minute, use a slotted spoon to transfer them to warm plates or pasta bowls. Spoon the brown butter mixture over the ravioli. Top with the reserved asparagus pieces, a grinding of pepper, a sprinkle of Parmigiano, and a little lemon zest, and serve.





grilled asparagus and steak salad with hoisin vinaigrette

This salad packs bright flavor with minimal fuss. If you don't want to grill outside, cook the steak and asparagus on a stovetop grill pan instead.

Serves 4

FOR THE STEAK AND ASPARAGUS

- ½ Tbs. black peppercorns
- 1 tsp. coriander seeds
- 1 tsp. fennel seed
- Kosher salt
- 1 lb. thick-cut New York strip steak
- 1½ Tbs. olive oil
- 1 lb. thick asparagus, trimmed
- Freshly ground black pepper

FOR THE VINAIGRETTE

- 3 Tbs. lower-salt chicken broth; more as needed
- 2½ Tbs. hoisin sauce
- 2 Tbs. olive oil
- 2 Tbs. white wine vinegar
- 1½ tsp. reduced-sodium soy sauce
- 2 tsp. minced fresh ginger
- 1 tsp. Dijon or Chinese mustard
- 1 tsp. minced garlic
- Kosher salt and freshly ground black pepper to taste

FOR THE SALAD

- 4 cups upland cress (see Test Kitchen, p. 89) or watercress
- 1 large mango, peeled and slivered into thin wedges, or 2 large navel oranges, peeled and sliced into thick rounds
- ½ small red onion, thinly sliced and soaked briefly in ice water
- Daikon or radish sprouts for garnish (optional)

PREPARE THE STEAK AND ASPARAGUS

Put the peppercorns, coriander, fennel, and ½ tsp. salt in a spice grinder and grind to a fine powder. Coat the steak with ½ Tbs. of the olive oil and then the peppercorn mixture. Set aside for at least 30 minutes and up to 1½ hours.

Toss the asparagus with the remaining 1 Tbs. of olive oil and season with salt and pepper; set aside.

MAKE THE VINAIGRETTE

In a blender, combine all of the ingredients and pulse 2 or 3 times to mix, adding more broth if necessary to achieve a silky consistency.

GRILL THE STEAK AND ASPARAGUS

Prepare a high gas or charcoal grill fire. Grill the steak until nice grill marks form, about 5 minutes. Flip and cook the steak on the second side until an instant-read thermometer inserted in the steak reads 125°F for rare, about 4 minutes. Remove the steak from the grill and put on a cutting board. Tent with foil to keep warm. Let the meat rest while you grill the asparagus.

Spread out the asparagus on the grill and cook, turning a couple of times, until crisp-tender, about 5 minutes.

ASSEMBLE THE SALAD

Arrange the asparagus, cress, and mango on 4 plates or a platter. Thinly slice the steak across the grain (see Test Kitchen, p. 89) and arrange over the salad. Drizzle with the vinaigrette and garnish with the red onion and daikon sprouts (if using).



THICK OR THIN?

Although some cooks think that pencil-thin asparagus is tenderer than fatter spears, this isn't necessarily the case. Both can be tender, but it's the beefier spear that usually has a better texture. No matter its size, each spear has a set number of tough fibers that run its length. In a skinny spear, those fibers are crammed together, with less juicy flesh between them. In fatter spears, those fibers are farther apart, separated by more sweet, tender flesh.



asparagus fries with smoked paprika aioli

Serve these surprising and delicious “fries” as an appetizer or with your favorite burger.

Serves 6

FOR THE AÏOLI

- 4 large cloves garlic, unpeeled
- $\frac{3}{4}$ cup mayonnaise
- 1 Tbs. extra-virgin olive oil
- 1 tsp. smoked paprika
- 1 tsp. fresh lemon juice, more to taste
- Kosher salt and freshly ground black pepper

FOR THE ASPARAGUS FRIES

- 3 cups vegetable oil
- 2 large eggs, beaten
- 1 medium lime, juiced
- $\frac{3}{4}$ cup unbleached all-purpose flour
- Kosher salt and freshly ground black pepper
- 1 cup panko
- 1 lb. thick asparagus spears, trimmed, peeled (see Test Kitchen, p. 89), and halved crosswise

MAKE THE AÏOLI

Put the garlic in a small saucepan, add cold water to cover by least $\frac{1}{2}$ inch, and bring to a boil over high heat. As soon as the water boils, drain and repeat the process once

more. Rinse the garlic with cold water to cool and then peel and mince the cloves.

In a medium bowl, whisk the poached garlic with the mayonnaise, olive oil, smoked paprika, and lemon juice until smooth. Add more lemon juice, salt, and pepper to taste. Refrigerate for at least 1 hour to meld the flavors.

MAKE THE ASPARAGUS FRIES

In a 3-quart saucepan fitted with a candy thermometer, heat the oil over medium-high heat to 375°F.

In a small bowl, whisk the eggs with the lime juice and 2 Tbs. water.

Put the flour on a small plate and season generously with salt and pepper. Put the panko on another small plate. Dredge the asparagus in the flour and shake off any excess. Dip the asparagus in the egg mixture and then the panko to coat. Working in batches, fry the asparagus until golden-brown, about 3 minutes. With a slotted spoon, transfer to paper towels to drain briefly. Sprinkle with salt and serve with the smoked paprika aioli.



John Ash is a chef, a consultant, and an instructor at the Culinary Institute of America's Napa Valley campus. He is also a James Beard Award-winning cookbook author. ■



A BUTCHER'S PRIMER

Shopping for Lamb

Tender, mild-flavored lamb—from animals that are 5 to 12 months old; anything older must be labeled mutton or yearling—is available year-round at well-stocked supermarkets and specialty meat markets. In addition to domestically raised lamb, your market may carry Australian, New Zealand, and even Icelandic lamb. Here's what you should know about each type:

American lamb breeds are the largest. Most American lamb found in supermarkets begins its life eating grass and then moves on to grain. The meat is mellow and tender and often dark red, with lots of marbling. For a gutsier lamb flavor, look online and at specialty markets for entirely grass-fed lamb from small producers.

Australian lambs are smaller than American lambs and are primarily fed a grass diet, although some producers do feed their lambs grain at the end of their lives. In general, Aussie lamb will be leaner and have a deeper flavor.

New Zealand lamb breeds are smaller yet and are entirely grass-fed for a lean, robust flavor.

Icelandic lamb is relatively new to United States markets and is mostly found in high-end restaurants and specialty shops. The smallest of all, these lambs are primarily fed on grass yet have a delicate flavor and a tender, almost soft, texture.

CUTTING LAMB
RIBLETS FROM
THE BREAST

LAMB SHANK



Butcher's BEST

The pros know there's so much more to lamb than racks and chops. Follow their lead and try these four underappreciated cuts.

BY MOLLY STEVENS

YOU'RE STANDING AT THE MEAT COUNTER, trying to decide what to make for dinner. The lamb looks good, so you ask for some chops, or maybe a rack of lamb if you're feeding a crowd. But wait—the butcher suggests trying something new instead. Say yes, and let him (or her) take you on an exploration of some of the other wonderful cuts that lamb has to offer.

Boneless lamb loin is decadent and tender and makes a delicious roast. Shanks, which come from the legs, are meaty and succulent. Shoulder chops are rich and pleasantly chewy—a great (and affordable) weeknight option. And lamb riblets are so finger-licking good that once you make them, you'll be downright addicted.

Give these lesser-known cuts a try in the four outrageously tasty recipes here, and they'll soon be in your regular dinner rotation. Because after all, the butcher knows best.

LAMB LOIN

LAMB SHOULDER
BLADE CHOPS



LAMB FACTS



LAMB SHANKS

Most lamb shanks sold in markets are fore shanks (from the front legs), which are smaller than the meatier hind shanks (from the back legs). But there is nothing dainty about fore shanks; a single shank offers more than enough meat for a hearty serving.

Lamb shanks are best cooked slowly and gently with moist heat until falling-off-the-bone tender (braising works well, or cook the shanks in a foil packet with a small amount of liquid, as in the recipe here).

lamb shanks en papillotes with leeks, carrots, rosemary, and orange

Here, lamb shanks are wrapped in individual foil packets with vegetables, herbs, vermouth, and a sliver of butter and then roasted until luscious and fork-tender. Serve them as is—the vegetables cooked with the meat give you a built-in side dish—or pile them atop creamy polenta or mashed potatoes. Be sure to pour every last flavor-packed drop of cooking liquid onto the meat before serving.

Serves 4

- 4 medium leeks (white and light-green parts only), halved lengthwise, washed, and cut into 1½-inch lengths
- 4 medium carrots, halved lengthwise and cut into 1½-inch lengths
- 4 2½-inch sprigs fresh rosemary
- 4 2½- to 3-inch strips orange zest (use a vegetable peeler)
- Crushed red pepper flakes
- Kosher salt and freshly ground black pepper
- 4 lamb shanks (about 1 lb. each), trimmed (see Test Kitchen, p. 89)
- 1 Tbs. extra-virgin olive oil
- ½ cup dry vermouth or dry white wine
- 1½ Tbs. unsalted butter, cut into 4 slices

Position an oven rack in the lower third of the oven and heat the oven to 300°F.

Arrange four 16x16-inch squares of heavy-duty aluminum foil on a work surface. Put one-quarter of the leeks, one-quarter of the carrots, 1 rosemary sprig, and 1 strip of orange zest on each square. Season each with a

pinch of crushed red pepper flakes, salt, and pepper. Set aside.

Pat the lamb shanks dry and season generously with salt and pepper. Heat the oil in a large skillet over medium heat until shimmering hot. Working in batches if necessary to avoid crowding, brown the shanks on all sides, about 10 minutes total per batch. Transfer 1 shank to each foil square, arranging it on top of the vegetables. Draw up the edges of the foil to capture any juice, but don't seal the packets yet.

Return the skillet to medium heat, add the vermouth, and bring to a simmer, scraping the skillet with a wooden spoon. Remove from the heat. Portion the vermouth evenly among the 4 packets, pouring it over the lamb. Dot each shank with a slice of the butter.

Fold the foil to form rectangular packets, sealing the seams tightly. Arrange the packets on a baking sheet; it's fine if they touch but they shouldn't overlap. Bake for 2½ hours; then check for doneness by carefully opening one of the packets (watch out for the steam) and testing the meat with a fork—it should be tender and pulling away from the bone. If necessary, continue to bake for another 10 minutes and check again.

Transfer the contents of the packets to large plates or pasta bowls, surrounding the shanks with the vegetables and juice. Remove the rosemary and orange zest before serving, if you like.

LAMB FACTS



SHOULDER CHOPS

There are two types of lamb shoulder chops: blade chops and arm bone chops. Arm chops are recognizable by a round arm bone (like a bull's-eye) in the middle of the chop. Blade chops (above) are more rectangular and have a long, thin cross section of the shoulder blade running through them. There is little difference between the two in terms of taste and texture, but blade chops tend to have a little more fat.

Shoulder chops can be broiled, sautéed, or grilled until medium rare and juicy, or braised until well done and fork-tender.

lamb shoulder chops with smoky red pepper-shallot butter

Lamb shoulder stands up well to the Spanish-influenced spice rub of garlic, oregano, cumin, and smoked paprika in this recipe. Serve with crusty bread to sop up the buttery sauce.

Serves 4

- 2 medium cloves garlic, smashed and peeled**
- Kosher salt**
- 1 Tbs. finely chopped fresh oregano**
- 1½ tsp. cumin seed, toasted and coarsely ground**
- ½ plus ⅛ tsp. sweet or hot pimentón (smoked paprika)**
- 1 Tbs. extra-virgin olive oil**
- 4 ¾- to 1-inch-thick lamb shoulder blade or arm chops (about 2 lb. total)**
- 2 oz. (4 Tbs.) unsalted butter, softened**
- 1½ Tbs. finely chopped shallot**
- 1½ Tbs. chopped piquillo pepper (or roasted red pepper)**
- 1 Tbs. sherry vinegar, warmed slightly**

Combine the garlic and 1 tsp. salt in a small mortar and grind to a smooth paste with the pestle. Add the oregano, cumin, and ½ tsp. of the pimentón; work with the

pestle to combine. Stir in the olive oil to make a smooth paste. Pat the lamb chops dry and rub the paste evenly over all of them. Let sit at room temperature for about an hour (or cover and refrigerate for up to 8 hours).

Meanwhile, in a medium bowl, mix the butter, shallot, piquillo pepper, vinegar, and the remaining ⅛ tsp. pimentón. Season to taste with salt and set aside.

Heat two 10- to 12-inch heavy-duty skillets over medium-high heat. Arrange two chops in each skillet and cook until browned on the bottom, about 2 minutes. Flip and sear on the second side for another minute.

Lower the heat to medium and continue to cook the chops until the internal temperature registers 125°F for medium rare, 4 to 6 minutes more. (If you nick the thick part of a chop to peek inside, it should be rosy but not bloody.) For medium doneness, cook to 135°F, 6 to 8 minutes more.

Transfer the chops to a large platter or 4 dinner plates and immediately smear each with some of the butter. The heat of the chops should melt just enough of the butter to lightly sauce the meat. Let the chops rest for 3 to 5 minutes before serving.





LAMB FACTS



LAMB RIBLETS

Think of these tasty morsels (which are sometimes labeled Denver-style lamb ribs) as lamb spare-ribs. They come from the breast of the lamb, and there are seven ribs per rack. Ask the butcher to trim the racks and cut them into individual riblets for you.

Lamb riblets can be braised, or as in the recipe here, marinated and slow-roasted and then finished under the broiler.



vietnamese-style lamb riblets with sweet soy dipping sauce

Lamb riblets (which are smaller than pork spareribs) make for deliciously unexpected finger food. They're perfect party fare because you can roast them ahead of time and then run them under the broiler at the last minute to get even more caramelized flavor and crisp edges.

Serves 4 to 6 as an hors d'oeuvre or appetizer

FOR THE MARINADE

- ¼ cup finely chopped shallot
- 2 medium cloves garlic, minced
- 2 Tbs. fish sauce
- 2 Tbs. soy sauce
- 2 Tbs. peanut or vegetable oil
- 2 Tbs. packed brown sugar (light or dark)
- 1½ Tbs. fresh lime juice
- 1 Tbs. grated fresh ginger
- 1 Tbs. whole coriander seed, toasted and coarsely ground
- 1 tsp. chile sauce, such as sambal oelek or sriracha
- ¼ tsp. kosher salt
- 2 lb. lamb breast riblets (also called Denver-style ribs)

FOR THE DIPPING SAUCE

- 2 Tbs. fish sauce
- 2 Tbs. fresh lime juice
- 2 Tbs. unseasoned rice vinegar
- 2 Tbs. chopped fresh cilantro
- 1 Tbs. soy sauce
- 1 Tbs. granulated sugar
- 1 medium clove garlic, minced

MARINATE THE RIBLETS

Put all of the marinade ingredients in a medium bowl and stir to combine. Put the riblets in a gallon-size freezer bag and pour in the marinade. Seal the bag and massage the riblets to evenly distribute the marinade. Refrigerate for at least 8 and up to 24 hours, turning the bag occasionally to redistribute the marinade.

COOK THE RIBLETS

Position a rack in the center of the oven and heat the oven to 300°F. Remove the riblets from the marinade, scraping any excess seasonings back into the bag (reserve the marinade). Arrange the riblets bone side down on a flat roasting rack in a roasting pan or on a heavy-duty baking sheet. Roast, basting with the reserved marinade every 20 minutes for the first hour, until the meat is very tender and can be easily pierced with a knife, 1½ to 2 hours. (The riblets can be roasted, cooled, and refrigerated up to 2 days ahead.)

MAKE THE DIPPING SAUCE

Combine all of the sauce ingredients in a small bowl and stir until the sugar is dissolved.

FINISH AND SERVE

Position an oven rack 5 to 6 inches from the broiling element and heat the broiler on high. Arrange the riblets cut side up on a foil-lined baking sheet and broil until browned and sizzling on one side, 2 to 3 minutes. Turn with tongs and brown the other side, 2 to 3 minutes more. Transfer to a serving platter. Serve with the dipping sauce and plenty of napkins.

LAMB FACTS

BONELESS LAMB LOIN

The loin comes from the portion of the lamb starting just behind the rib section and running down to the sirloin (the top of the hind leg). You will probably have to ask your butcher to cut this for you. Be sure to ask for a single loin, meaning only the loin “eye” muscle with the tenderloin removed, and not a double or full loin roast, in which both sides of the loin are tied together. Also, if you like, you can ask for the loin to be fully trimmed, which means removing the thin membrane under the outer layer of fat on the top side of the loin.

roasted lamb loins with mustard-herb crust

The crunchy, sweet-and-savory breadcrumb crust is a delicious contrast to the tender, rosy-red meat of these small roasts. Serve with roasted potatoes and asparagus.

Serves 4 to 6

- 3 Tbs. extra-virgin olive oil
- 2 medium cloves garlic, chopped
- 2 tsp. chopped fresh rosemary
- ½ cup chopped scallions (white and light-green parts only; from about 8 scallions)
- Kosher salt and freshly ground black pepper
- 1 Tbs. chopped fresh mint
- 1 Tbs. chopped fresh flat-leaf parsley
- 2 boneless single lamb loin roasts (12 to 14 oz. each), trimmed
- ½ cup panko
- 1 Tbs. Dijon mustard
- 2 tsp. honey

Position a rack in the center of the oven and heat the oven to 375°F. Arrange a flat roasting rack over a heavy-duty rimmed baking sheet.

Heat 2 Tbs. of the oil in a 10-inch skillet over medium-high heat. Add the garlic and rosemary and cook, stirring, until fragrant but not browned, about 20 seconds. Add the

scallions, season with salt and pepper, and cook, stirring occasionally, until softened, 1 to 2 minutes. Add the mint and parsley and cook, stirring, for another few seconds. Remove from the heat and transfer to a medium bowl.

Pat the lamb loins dry and season with salt and pepper. Heat the remaining 1 Tbs. oil in a 12-inch skillet over medium-high heat until shimmering hot. Cook the lamb, turning once, until two sides are nicely browned, about 2 minutes per side. (Since the loins are so small, sear only the top and bottom; you don't need to bother with the sides.) Transfer the lamb loins to the roasting rack on the baking sheet and let them cool for a couple of minutes.

Stir the panko, mustard, and honey into the scallion mixture and season to taste with salt and pepper. Divide the panko coating between the two loins, gently pressing it on so that it covers the top and comes part-way down the sides. Roast the lamb until an instant-read thermometer inserted in the thickest part of a loin registers 125°F to 130°F for medium rare, 15 to 20 minutes, or 130°F to 135°F for medium, 20 to 25 minutes. Transfer the lamb to a cutting board and let it rest for 10 minutes. Slice the lamb ½ inch thick and serve; make sure to scoop up any crust that falls off the lamb and scatter it over each serving.

Molly Stevens is a Fine Cooking contributing editor. ■



Joanne Chang,
a Boston-based
pastry expert,
invites you into her
kitchen to make
French macarons.

French Macarons

Pastry chef **Joanne Chang** takes us step by step through her foolproof recipe for these delectable (and charming) French sandwich cookies—plus her clever guide to mixing and matching flavors and fillings. PHOTOGRAPHS BY COLIN CLARK





"I FIRST LEARNED HOW TO MAKE MACARONS at Payard Patisserie in New York," says pastry chef Joanne Chang. "Francois Payard was famous for his gorgeous macarons, and we'd make them in huge batches—which was just fine with me! I have a soft spot for them, especially the contrast of the crisp cookie and the creamy filling."

Texture is the key to these little cookies, which are simply two meringues made from ground almonds, egg whites, and sugar, sandwiched with a sweet filling, such as ganache or lemon curd. Classic French macarons—not to be confused with the American coconut confection, the macaroon—fill the display cases of some of Paris's most elegant patisseries. Now they are making their way to pastry shops here, including Joanne's Boston bakeries.

In this cooking class, Joanne shares her secrets to getting that textural contrast just right. She takes us step by step through the process of making the cookies and then shows us how to prepare three fillings. And because it's easy to vary the flavorings of both the cookies and the fillings, Joanne gives us suggestions and then shows how to mix and match the different options. Vanilla meringues with espresso buttercream? Sesame meringues with rosemary-lemon curd? "Get creative, go wild," says Joanne. "The combinations are practically endless."

almond macarons

The subtly sweet almond flavor of these meringue cookies makes them incredibly versatile: They serve as a blank canvas for the flavor variations on page 72.

Yields about 30 sandwich cookies

- 7½ oz. (1¼ cups plus 2 Tbs.) confectioners' sugar**
- 4¾ oz. (1¼ cups plus 2 Tbs.) almond flour**
- 4 large egg whites, at room temperature**
- ¼ cup granulated sugar**
- 1 recipe macaron filling of your choice (see p. 74)**

Make the batter

Line 3 completely flat baking sheets with parchment or nonstick baking liners and set aside.

Using a medium-mesh sieve, sift the confectioners' sugar and almond flour into a large bowl **1** and set aside. In a clean stand mixer fitted with the whisk attachment (or using a large bowl and a hand mixer), whip the egg whites on medium speed until foamy and the wires of the beater(s) leave a trail **2**, 1 to 2 minutes. Add 1 Tbs. of the granulated sugar and continue to whip for another 30 to 45 seconds. Repeat 3 times with the remaining granulated sugar. Once all of the sugar is mixed in, continue whipping the whites until they turn glossy and stiff **3** (when you lift the beater(s) from the bowl, the whites should hold a straight peak that doesn't curl at the tip **4**), 4 to 8 minutes more.

With a large rubber spatula, fold in half of the confectioners' sugar mixture. Once most of it has been incorporated, fold in the remaining mixture until just combined.

TALES OF THE MACARON

You may remember the macarons from Sofia Coppola's *Marie Antoinette*, a movie as much about food as it is about the title character. They came from Ladurée, the Parisian tea salon credited with inventing the modern macaron. Lore has it that Catherine de Medici brought the almond meringue cookie from Italy when she became France's queen in the 1500s. Centuries later, a member of the Ladurée clan sandwiched two of the cookies together with a filling for today's macaron.



1



2



3



4



5

Pipe the cookies

Using a piping bag fitted with a ½- to ¾-inch round tip (Ateco #806 to #809), pipe the batter onto the prepared sheets in rounds that are about 1 inch in diameter and ¼ to ½ inch thick, spaced about 1½ inches apart **5**. As you pipe, hold the bag perpendicular to the baking sheet and flick the tip of the bag as you

finish each cookie to minimize the peaks. Rap the sheet against the counter several times to flatten the mounds and pop any large air bubbles. Let rest until the meringues no longer feel tacky, 20 to 30 minutes. Meanwhile, position racks in the top and bottom thirds of the oven and heat the oven to 325°F.



Watch a video of Joanne Chang making macarons at FineCooking.com/extras.

Bake the cookies

Put 2 of the cookie sheets in the oven and immediately reduce the temperature to 300°F (let the third sheet sit at room temperature). Bake, rotating the sheets and swapping their positions after 8 minutes, until the meringues are very pale golden **6**, 15 to 20 minutes total. Cool completely on the baking sheets on racks. Meanwhile, return the oven temperature to 325°F and then bake the third sheet as above.

Remove the meringues from the parchment and pair them by size.



Fill the cookies

Using a piping bag with the same tip used to pipe the cookies, pipe 1 to 1½ teaspoons of the filling onto half of the cookies—you want to use just enough filling that it spreads to the edge when topped but doesn't squish out much when bitten. Top the filled halves with their partners **7**. The cookies are best the day they're made, but you can store them in an airtight container at room temperature for up to 1 day or in the freezer for up to 2 weeks.

COOKIE VARIATIONS

Cinnamon: Add ¼ tsp. ground cinnamon to the confectioners' sugar and almond flour while sifting; proceed as directed.

Black pepper: Add ½ tsp. ground black pepper to the confectioners' sugar and almond flour while sifting; proceed as directed. Sprinkle with a little black pepper as soon as you pipe them.

Sesame: Using a spice grinder, grind 2 Tbs. sesame seeds to a fine powder. Add the powder to the confectioners' sugar and almond flour while sifting; proceed as directed. Sprinkle the meringues with a few sesame seeds as soon as you pipe them.

Vanilla: Scrape and add the seeds from one-quarter of a vanilla bean to the egg whites after they've formed glossy, stiff peaks. Distribute the seeds evenly throughout the batter by pressing the clumps of seeds against the edge of the bowl with a spatula. Proceed as directed.

Cocoa: Reduce the amount of almond flour by ⅞ oz. (¼ cup) and substitute ½ oz. (3 Tbs.) cocoa powder; proceed as directed.

Joanne's Secrets to Success

The baking pro shares her top six tips for perfect macarons.



USE A SCALE to weigh ingredients like confectioners' sugar and almond flour—it's much more accurate than a cup measure.



BRING THE EGG WHITES to room temperature before using; they'll whip up better. (Separate eggs when they're cold, though; it's easier to do).



USE A FLAT BAKING SHEET and a new piece of parchment (or a nonstick baking liner) to ensure that your cookies bake into a nice round shape. If the baking sheet is warped or if your parchment's creased, you may end up with amoeba-shaped cookies.



TEST THE SURFACE OF THE BATTER after it has rested for 20 to 30 minutes. It should have dried out a bit and no longer feel tacky, ensuring that each cookie forms a crisp, delicate top when baked. If the batter still feels tacky, let it rest for a few more minutes before baking.



ROTATE THE COOKIE SHEET halfway through baking so that the cookies bake to an even pale gold.



LEAVE A NARROW, UNFILLED BORDER when piping the filling onto the cookie bottoms. When topped with another cookie, the filling will extend to the edge.

FILL THE COOKIES

Here are three fillings, each with an easy flavor twist. Add these six delicious ideas to the cookie options on page 72, and you're ready to mix and match.



lemon curd

This smooth, creamy mixture of lemon, eggs, sugar, and butter has a refreshingly bright, tart flavor.

Yields about 1½ cups

- ½ cup fresh lemon juice
- 1½ oz. (3 Tbs.) unsalted butter
- 3 large eggs
- 1 large egg yolk
- ½ cup granulated sugar
- ¼ tsp. pure vanilla extract
- ⅛ tsp. kosher salt

In a 3-quart nonreactive saucepan, heat the lemon juice and butter over medium-high heat until just under a boil. In a medium heatproof bowl, whisk the eggs and egg yolk and then slowly whisk in the sugar until combined. Gradually whisk the hot lemon juice mixture into the sugar and eggs.

Return the mixture to the saucepan and set over medium heat. Cook, stirring constantly with a wooden spoon and scraping the bottom of the pan frequently, until the curd thickens and coats the spoon, 2 to 4 minutes. Draw your finger along the back of the spoon; when the curd is done, it should hold the trail.

Remove the curd from the heat and strain it through a fine sieve into a bowl. Whisk in the vanilla and salt. Cover with plastic wrap, pressing the plastic onto the surface of the curd, and chill for 1 to 2 hours before using. The curd can be made up to 5 days ahead; refrigerate in an airtight container.

ROSEMARY-LEMON CURD

Add ¾ tsp. finely chopped fresh rosemary to the saucepan with the lemon juice and butter and bring the mixture to just under a boil. Remove from the heat and let sit for 1 hour. Bring the mixture to just under a boil again, and continue as directed.



chocolate ganache

This is a classic macaron filling; it comes together in minutes—and in just one pot.

Yields about 1½ cups

- ¾ cup heavy cream
- 6 oz. bittersweet or semisweet chocolate, finely chopped, or chocolate chips

In a small saucepan, heat the cream over medium heat, swirling the pan a few times, until bubbles start to form around the edge of the pan but the cream is not yet boiling, about 4 minutes. Remove from the heat, add the chocolate, and let sit for 30 seconds. Slowly whisk the mixture until the chocolate is completely melted and smooth. Let cool to room temperature before piping onto the meringues. (The ganache may be made up to 1 week ahead. Refrigerate in an airtight container and bring to room temperature before using.)

CHOCOLATE-ORANGE GANACHE

Add 2 Tbs. finely grated orange zest (from 1 large orange) to the cream before heating. Heat the cream, remove it from the heat, and let sit for 1 hour. Strain through a fine sieve, pressing the zest with the back of the spoon. Reheat the cream to just under a boil and proceed as directed.

Joanne Chang is the pastry chef and owner of Flour Bakery + Cafe in Boston, as well as the chef and co-owner of Myers + Chang. She is the author of Flour: Spectacular Recipes from Boston's Flour Bakery + Cafe. ■



vanilla buttercream

Made by whipping butter into an airy meringue, this filling has a light texture and rich vanilla flavor.

Yields about 1 cup

- ½ cup granulated sugar
- 2 large egg whites
- 4 oz. (½ cup) unsalted butter, at room temperature, cut into 4 to 6 pieces
- ¼ tsp. pure vanilla extract
- Pinch of kosher salt

In a small heatproof bowl, whisk the sugar and egg whites. In a 1-quart saucepan, bring 2 cups of water to a simmer over medium-high heat. Set the bowl over the simmering water (don't let the bowl touch the water) and heat the mixture, whisking occasionally, until hot to the touch, 4 to 6 minutes. It will thin out a bit as the sugar melts.

Remove the bowl from the heat and scrape the mixture into the bowl of a stand mixer fitted with the whisk attachment. Whip on medium-high speed until the mixture is light, white, and cool to the touch, 4 to 6 minutes. Reduce the speed to low and add the chunks of butter one at a time. Increase the mixer speed to medium and beat until the buttercream is smooth, 4 to 5 minutes. Mix in the vanilla and salt.

Use the buttercream immediately or refrigerate it in an airtight container for up to 4 days. Before using, return to room temperature and then mix the buttercream in a stand mixer fitted with the paddle attachment on medium-low speed until smooth, 1 to 2 minutes.

ESPRESSO BUTTERCREAM

Substitute 2 tsp. instant espresso powder dissolved in ½ tsp. warm water, cooled, for the vanilla and mix it in along with the salt.

PAIR UP

Here are Joanne's suggestions for combining cookies and fillings. Feel free to create your own idea of the perfect macaron.





Thai Curry

One easy method, endless variations. **BY ROBERT DANHI**

WHEN YOU THINK OF CURRY, an Indian version (warmly spiced, saucy, and rich) probably comes to mind. But the world of curry is much broader, since curries vary all across Asia, taking on different flavors from country to country. In Thailand, for example, they're a fresh, bright combination of curry paste, coconut milk, broth, vegetables, and meat or seafood or both, punctuated by intoxicating fresh herbs. Their flavors are exotic, but they're surprisingly quick to cook—15 minutes, tops—with ingredients that are easily found in most supermarkets.

The best part about a Thai curry, though, is that once you understand the basic technique, you can flavor it any way you like. Make it mild or hot. Choose your vegetables, from common carrots and onions to less familiar kabocha squash and Thai eggplant. Go meatless, or add beef, pork, chicken, or even fish. Just follow our step-by-step method, and get ready to bring exciting new flavor to your weeknight dinners.

Red Curry Chicken

Red curry paste, chicken

Vegetables: Carrots, bell peppers, snow peas

Aromatics: Lemongrass, galangal, wild lime leaves

Stir-in: Basil

Garnish: Red chiles

STEP 1

CHOOSE YOUR INGREDIENTS

Read the method from start to finish and then choose and prep your ingredients.

Serves 4

STEP 2

MAKE THE CURRY BASE

- 1 13.5- to 14-oz. can coconut milk
- $\frac{1}{4}$ cup curry paste
- 1 cup lower-salt chicken broth, or homemade chicken or vegetable broth

Shake the can of coconut milk or stir it well (this creates a consistent thickness, since the fat often solidifies at the top of the can).

In a 3- to 4-quart saucepan or wok over medium heat, simmer $\frac{1}{2}$ cup of the coconut milk, stirring occasionally, until reduced by about half, 3 to 5 minutes. It will get very thick and shiny and may or may not separate—either is fine.

Add your choice of curry paste, whisk well and cook, continuing to whisk, for 1 minute. Whisk in the broth and the remaining coconut milk. Bring to a simmer over medium-high heat.

Curry Paste

Choose one (see Test Kitchen, p. 89, for more information).

$\frac{1}{4}$ cup curry paste



Red curry paste



Green curry paste



Yellow curry paste



Panang curry paste



To find out more about Thai ingredients (including galangal) and to create your own Thai curry using our interactive Recipe Maker, visit FineCooking.com/extras.

STEP 3

SIMMER

Aromatic(s)

- 1 lb. meat, chicken, or seafood, or 14 oz. tofu
- 3 cups vegetables/fruit
- 2 Tbs. light brown sugar or light brown palm sugar; more as needed
- 1 tsp. fish sauce; more as needed

Add your choices of **aromatic(s)**; **meat, chicken, seafood**, or **tofu**; and **vegetables** and **fruit**; and along with the sugar and fish sauce. Some ingredients take longer than others to cook. Add the ingredients in stages, referring to each category for total cooking time. Adjust the heat as needed and simmer until the meat, chicken, or seafood is cooked through and the vegetables are crisp-tender.

Aromatics

Choose up to three.

Simmer 5 minutes



Fresh or thawed frozen wild lime leaves,
6 whole leaves (or 1 tsp.
finely grated lime zest)



Fresh ginger or galangal,
three $\frac{1}{8}$ -inch-thick slices



Fresh lemongrass,
3 stalks, trimmed, bruised
(see Test Kitchen, p. 89),
and cut into 3- to 4-inch
pieces

Meat, Chicken, Seafood, or Tofu

Choose up to three, totaling 1 lb. (or use 14 oz. tofu).

Simmer 5 minutes



Chicken
(boneless thighs or legs),
cut into $\frac{1}{4}$ -inch-thick
bite-size strips



Pork
(shoulder, leg, or tenderloin),
cut into $\frac{1}{4}$ -inch-thick
bite-size slices

Simmer 3 minutes



Beef
(flank steak, strip steak, sirloin),
cut into $\frac{1}{4}$ -inch-thick bite-size slices



Large shrimp,
peeled and deveined



Tofu (extra-firm),
drained and
cut into bite-size pieces

Simmer 2 minutes



Scallops,
cut into bite-size pieces



Firm white fish
(sea bass or halibut),
cut into bite-size pieces

Simmer 1 minute



Squid,
tubes cut into $\frac{1}{2}$ -inch-thick rings,
tentacles into bite-size pieces

Red curry paste whisked into coconut milk becomes the foundation for a fragrant sauce.



Vegetables and Fruit

Choose two to four, totaling 3 cups.

Simmer 5 minutes



Carrots,
sliced 1/2 inch thick
on an angle



Chinese long beans,
cut into bite-size pieces



Onions,
sliced 1/2 inch thick



**Japanese/Chinese
eggplant,**
cut into bite-size pieces



Thai eggplant,
cut into thin wedges



Kabocha squash,
cut into 1/4-inch-thick
bite-size slices



Green beans,
cut into bite-size pieces

Simmer 3 minutes



Asparagus,
cut into bite-size pieces



Oyster mushrooms,
pulled apart into
bite-size pieces



**Button or cremini
(baby bella) mushrooms,**
washed, cut into 1/4-inch slices



Cabbage,
cut into 1-inch-wide
bite-size strips



Fresh baby corn,
cut into bite-size pieces



Bell peppers
(red, orange, or yellow),
cut into bite-size pieces



Shiitake mushrooms,
stemmed, cut into
halves or quarters



Sugar snap peas,
strings removed



Unripe green papaya,
cut into 1/4-inch-thick
bite-size slices

Simmer 1 minute



Cherry tomatoes,
halved



Bamboo shoots,
cut into bite-size strips



Snow peas,
strings removed, halved



Pineapple,
cut into bite-size pieces



Bok choy
(all varieties),
cut into 2-inch pieces



Basil and wild lime leaves are stirred into the finished curry, giving it a hit of fresh flavor.

STEP 4

FINISH AND SERVE

Remove the curry from the heat. Season to taste with more sugar and fish sauce, and add a **stir-in** of your choice. Transfer to a serving bowl (or serve right out the pot). Remove the aromatics before serving, or tell your guests to eat around them. Serve with your choice of **garnishes**.

Finishes

Choose one stir-in and unlimited garnishes.

Stir-ins



Fresh Italian or Asian/Thai basil,
whole leaves (½ to 1 cup loosely packed)



Fresh or thawed frozen wild lime leaves,
thinly sliced (1 Tbs.)



Fresh cilantro,
roughly chopped leaves and tender stems (¼ cup loosely packed)

Garnishes



Fresh cilantro,
whole leaves



Fresh red chiles,
⅛-inch julienne or sliced into rings



Coconut milk,
drizzle



Fresh Italian or Asian/Thai basil,
whole leaves



Lime wedges,
squeezed



Cucumber,
strips or wedges

Favorite Curry Combinations

Try some of these delicious flavor combinations, or create your own.



Red Curry Shrimp and Tofu

Red curry paste, tofu, shrimp

Vegetables: Eggplant, bamboo shoots, bok choy

Aromatic: Lemongrass

Stir-in: Wild lime leaves

Garnish: Cilantro



Green Curry Fish

Green curry paste, halibut

Vegetables & fruit: Chinese long beans, onions, pineapple

Aromatic: Ginger

Stir-in: Basil

Garnish: Lime wedges



Panang Curry Chicken

Panang curry paste, chicken thighs

Vegetables: Asparagus, oyster mushrooms

Aromatic: Wild lime leaves

Stir-in: Cilantro

Garnishes: Red chiles, coconut milk



Red Curry Pork

Red curry paste, pork shoulder

Vegetables: Carrots, corn, shiitake mushrooms

Aromatic: Galangal

Stir-in: Basil

Garnishes: Cucumber, cilantro

*More Favorite
Curry Combinations*



Yellow Curry Vegetables

Yellow curry paste, tofu

Vegetables: Onions, green beans, bell peppers, oyster mushrooms

Aromatics: Lemongrass, wild lime leaves

Stir-in: Basil

Garnish: Lime wedges



Green Curry Pork

Green curry paste, pork tenderloin

Vegetables: Onions, eggplant, cabbage

Aromatic: Wild lime leaves

Stir-in: Cilantro

Garnish: Red chiles

Panang Curry Pork

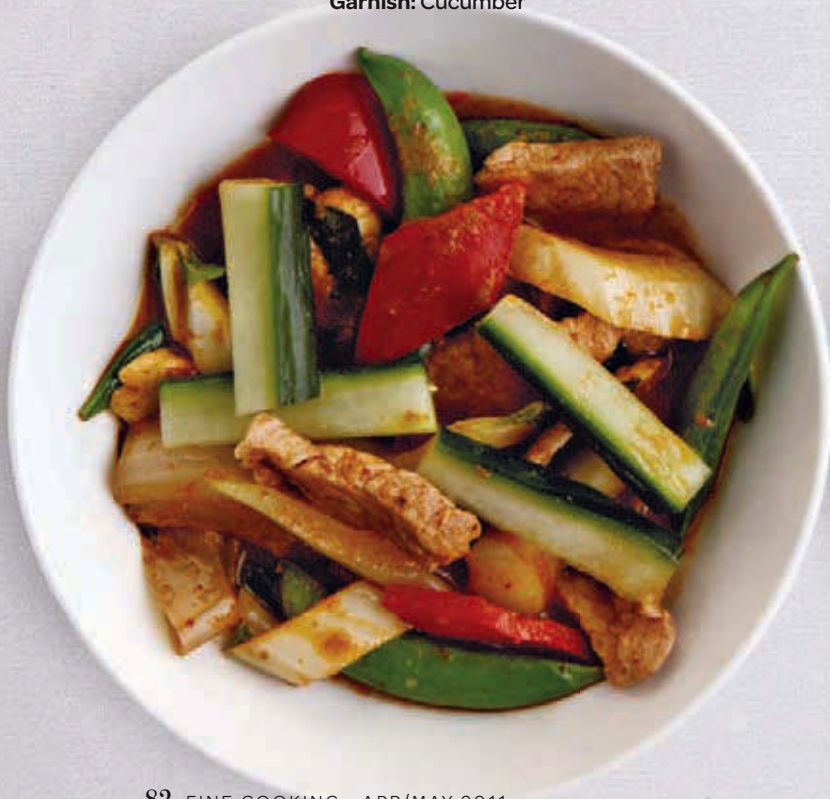
Panang curry paste, pork tenderloin

Vegetables: Onions, bell peppers, sugar snap peas, bok choy

Aromatic: Ginger

Stir-in: Basil

Garnish: Cucumber



Yellow Curry Shrimp and Scallops

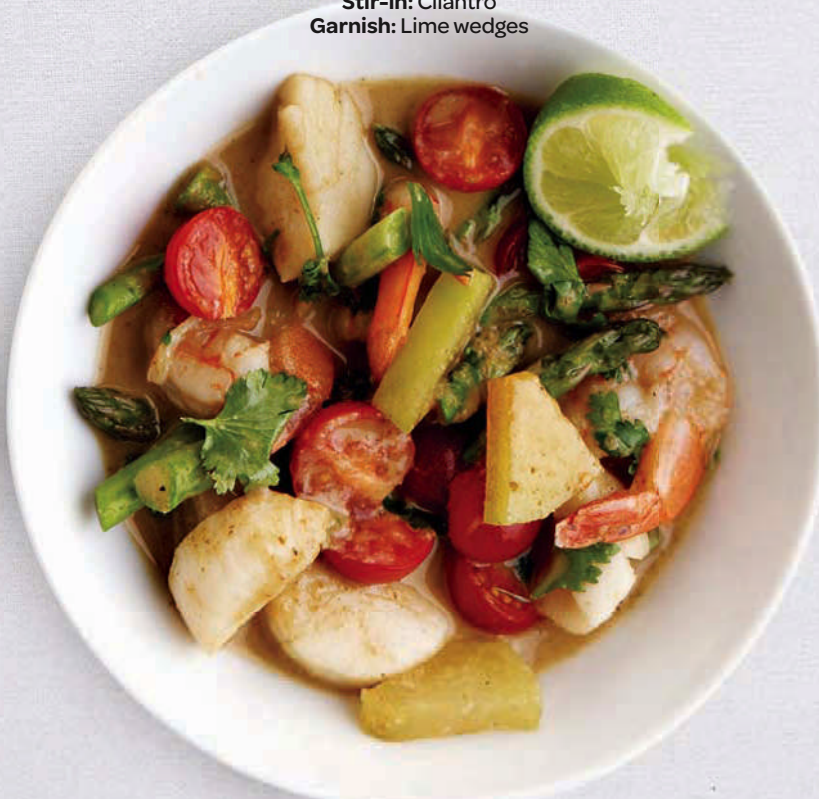
Yellow curry paste, shrimp, scallops

Vegetables & fruit: Green papaya, asparagus, cherry tomatoes

Aromatic: Wild lime leaves

Stir-in: Cilantro

Garnish: Lime wedges





Yellow Curry Fish and Squid

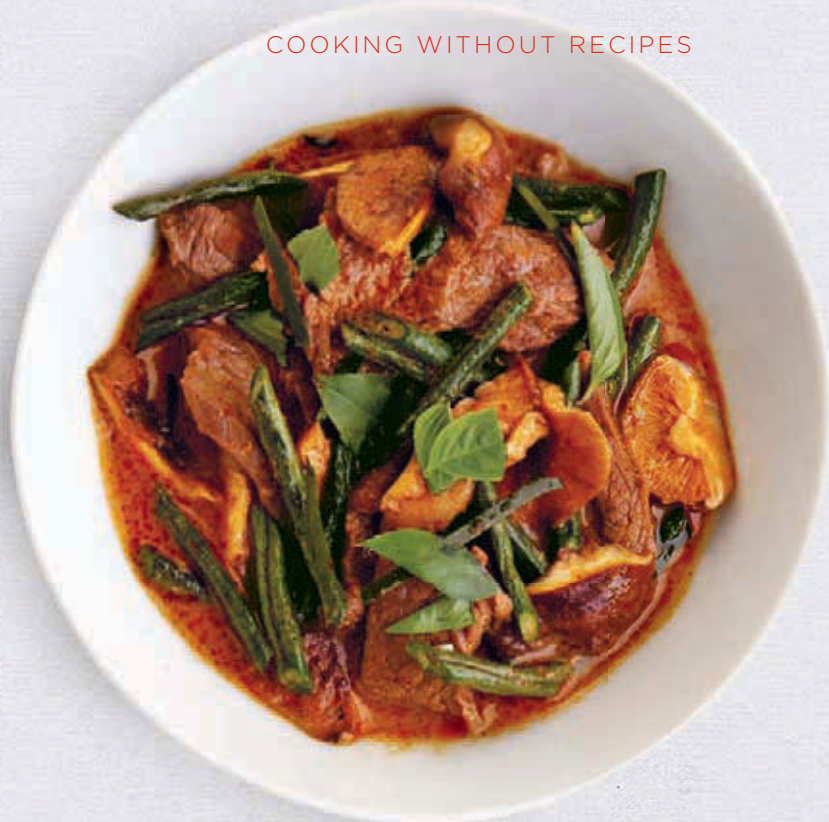
Yellow curry paste, sea bass, squid

Vegetables: Carrots, onions, cremini mushrooms, cherry tomatoes

Aromatic: Wild lime leaves

Stir-in: Cilantro

Garnish: Basil



Panang Curry Beef

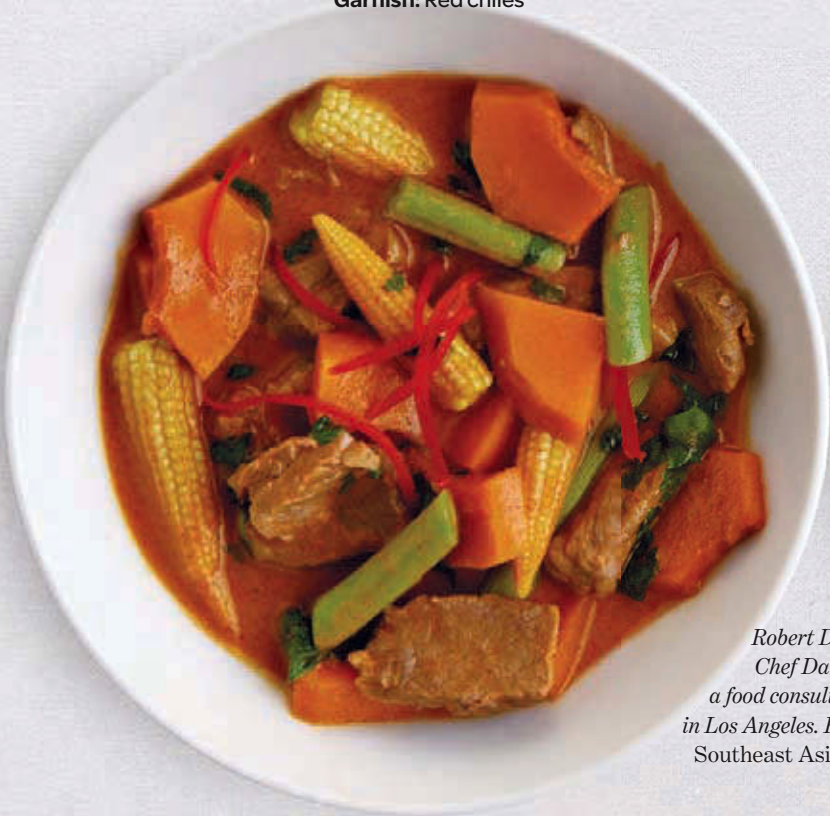
Panang curry paste, beef flank steak

Vegetables: Chinese long beans, shiitake mushrooms

Aromatic: Lemongrass

Stir-in: Wild lime leaves

Garnish: Basil



Red Curry Beef

Red curry paste, beef strip steak

Vegetables: Kabocha squash, green beans, baby corn

Aromatics: Ginger, lemongrass

Stir-in: Cilantro

Garnish: Red chiles



Green Curry Chicken

Green curry paste, chicken thighs

Vegetables & fruit: Thai eggplant, cremini mushrooms, cherry tomatoes, pineapple

Aromatic: Wild lime leaves

Stir-in: Basil

Garnish: Coconut milk

*Robert Danhi runs
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a food consulting firm based
in Los Angeles. He is the author of
Southeast Asian Flavors. ■*

Chicken Pot Pie

In this corner, the classic savory pie, and in that corner, a chef's creative interpretation. Which will you choose? BY ABIGAIL JOHNSON DODGE AND DAVID BURKE



Name Game

In 18th-century America, meat and vegetable pies were baked in deep metal pie pans, or pots, hence the term "pot pie."



Double Crust

Pot pies originally had both top and bottom crusts, but woe to the diner who ate the bottom crust—it was only meant to line the pot and keep the filling from tasting like metal.



Four Play

The tender crust is made from just four ingredients—butter, flour, salt, and water.



Deep Freeze

Swanson created the first frozen chicken pot pie in 1951. It sold 5,000 pies that year and 10 million the next. Today, it sells about 1 million pies a year.



THE CLASSIC

Cookbook author and pastry expert Abigail Johnson Dodge gives us her definitive pot pie recipe—a creamy chicken stew loaded with onions, peas, carrots, and potatoes, baked under a rich, flaky crust. It's comfort in a bowl.



Top It Off

No pastry crust here. Roasted baby carrots make a striking (and delicious) topper for this “pot pie.”



Hot Potato

In addition to being an edible bowl for the stew, whipped potatoes soak up some of the rich sauce.

In the Bag

To make this mashed potato bowl all you need is a pastry bag and a ½-inch plain decorating tip.



Veggie Swap

Forget peas: This stew gets sophisticated flavor from fennel and exotic mushrooms.

THE UPDATE

New York chef David Burke breaks free from tradition in his innovative rendition of pot pie—a “bowl” of buttery whipped potatoes filled with a veggie-packed chicken stew featuring fennel and mushrooms, topped with sweet, roasted baby carrots.

classic chicken pot pie

You can assemble the pot pies and refrigerate them, covered, for up to 1 day before baking and serving.

Serves 6

FOR THE CRUST

- 9 oz. (2 cups) unbleached all-purpose flour
- $\frac{3}{4}$ tsp. table salt
- 6 oz. (12 Tbs.) cold unsalted butter, cut into 10 pieces

FOR THE FILLING

- 5 Tbs. olive oil
- 2½ lb. boneless, skinless chicken thighs or breasts
- Kosher salt and freshly ground black pepper
- ½ lb. medium cremini mushrooms, quartered (2 cups)
- 1½ cups frozen pearl onions, thawed and patted dry
- 4 medium carrots, peeled and sliced ½ inch thick (1½ cups)
- 3 medium cloves garlic, minced
- 2 oz. (4 Tbs.) unsalted butter, cut into 3 pieces
- 2½ oz. (½ cup) unbleached all-purpose flour
- 3 cups lower-salt chicken broth
- 1 cup half-and-half or heavy cream
- 1¼ lb. red potatoes, cut into ½-inch dice (5 cups)
- 1 cup frozen petite peas, thawed
- ¼ cup dry sherry
- ¼ cup chopped fresh flat-leaf parsley
- 2 Tbs. chopped fresh thyme
- 1½ Tbs. Dijon mustard

MAKE THE CRUST

Put the flour and salt in a food processor and pulse to blend. Add the butter and pulse until the butter pieces are the size of peas, 10 to 12 pulses. Drizzle 3 Tbs. cold water over the mixture. Pulse until the dough forms moist crumbs that are just beginning to clump together, 8 or 9 pulses more.

Turn the crumbs onto a large piece of plastic wrap and gather into a pile. With the heel of your hand, gently smear the dough away from you until the crumbs come together (two or three smears should do it). Shape the dough into a 4-inch square, wrap tightly in the plastic, and refrigerate until firm, at least 2 hours or up to 2 days. (The dough can also be frozen for up to 1 month. Thaw in the refrigerator overnight or at room temperature for about 1 hour before rolling.)

MAKE THE FILLING

Heat 2 Tbs. of the oil in a 7- to 8-quart Dutch oven over medium-high heat until very hot. Generously season the chicken with salt and pepper. Working in two batches, brown the chicken well on both sides, 4 to 5 minutes per side, adding 1 Tbs. oil with the second batch. Transfer the chicken to a cutting board and cut into ¾- to 1-inch pieces (it's fine if the chicken isn't fully cooked; it will finish cooking later). Put the chicken in a large bowl.

Add 1 Tbs. oil to the pot and heat over medium-high heat until hot. Add the mushrooms. Cook without stirring for 1 minute. Continue cooking, stirring occasionally, until well browned, 3 to 4 minutes. Transfer the mushrooms to the bowl of chicken.

Reduce the heat to medium and add the remaining 1 Tbs. oil and then the onions and carrots to the pot. Cook, stirring occasionally, until the edges are browned, 8 to 9 minutes. Add the garlic and stir constantly until fragrant, about 30 seconds more. Scrape the vegetables into the bowl of chicken and mushrooms.

Melt the butter in the same pot over low heat. Add the flour and cook, whisking constantly, until the texture, which will be clumpy at first, loosens and smooths out, about 4 minutes. Slowly whisk in the chicken broth and half-and-half. Bring to a boil over medium-high heat, whisking to scrape up any browned bits from the bottom of the pan. Reduce the heat to low and add the potatoes, chicken, and vegetables (and any accumulated juice), and a generous pinch each of salt and pepper. Partially cover the pot and simmer gently (adjusting the heat as necessary), stirring occasionally, until the potatoes and carrots are just tender, 15 to 18 minutes. Stir in the peas, sherry, parsley, thyme, and mustard. Season to taste with salt and pepper. (At this point, the filling can be cooled and refrigerated for up to 8 hours before proceeding with the recipe.)

ASSEMBLE THE POT PIES

Distribute the filling evenly among six oven-proof bowls or ramekins that are 2 to 3 inches deep and hold at least 2 cups.

Let the dough soften slightly at room temperature, about 20 minutes. On a lightly floured surface, roll the dough into a ¼-inch-thick rectangle. With a round cookie cutter (or using a plate as a guide), cut 6 dough circles that are slightly wider than the inner diameter of the bowls (re-roll the scraps if necessary). Cut one small X in the center of each circle.

Top each bowl of stew with a dough round. With your fingertips, gently press the dough down into the edge of the stew, so that it flares up the sides of the bowl.

BAKE THE PIES

Position a rack in the center of the oven and heat the oven to 425°F. Put the pot pies on a foil-lined rimmed baking sheet. Bake until the filling is bubbling and the crust is deep golden-brown, about 45 minutes. Cool on a rack for 20 to 30 minutes before serving.

A buttery crust tops a creamy chicken stew in this classic pot pie recipe.



Which version is your favorite? Go to FineCooking.com/extras and let us know.

THE UPDATE

chicken pot pie with fennel and mushrooms in a potato bowl

To pipe whipped potatoes into a bowl shape, the potatoes need to be stiff, but not too stiff. Try piping a little bit of potato into a circle, and if it's too stiff to do so easily, add a bit more milk to the remaining potatoes before proceeding.

Serves 4

FOR THE STEW

- 1½ lb. bone-in, skin-on chicken thighs
Kosher salt and freshly ground black pepper
- 2 Tbs. olive oil
- 2 Tbs. all-purpose flour
- 1½ cups lower-salt chicken broth
- 2 cups sliced mushrooms, such as oyster, hen of the woods, or chanterelles
- 1½ cups small-diced fennel (from 1 small bulb)
- 1 cup small-diced carrot
- 1 cup fresh pearl onions, peeled, or frozen pearl onions, thawed
- 1 Tbs. chopped fresh thyme
- 2 Tbs. Dijon mustard
- 1 oz. (2 Tbs.) unsalted butter
- 2 Tbs. thinly sliced fresh chives

FOR THE BABY CARROTS

- 16 baby carrots with tops, peeled and trimmed with ½ inch of the tops intact
- 2 Tbs. olive oil
- Kosher salt

FOR THE WHIPPED POTATOES

- 3 lb. russet potatoes (about 4 medium)
Kosher salt
- ¾ cup whole milk
- 3 oz. (6 Tbs.) unsalted butter, softened
Freshly ground black pepper

Position a rack in the center of the oven and heat the oven to 375°F.

MAKE THE STEW

Season the chicken with ½ tsp. salt and ¼ tsp. pepper. Heat the oil in a 10- to 11-inch straight-sided sauté pan over medium-high heat. Cook the chicken, flipping once, until lightly browned, about 10 minutes. Transfer the chicken to a plate. Reduce the heat to medium and whisk the flour into the fat in the pan. Cook, whisking, for 1 minute. Gradually whisk in the broth and bring to a simmer. Return the chicken to the pan, reduce the heat to medium low, cover, and simmer gently, turning once, until the chicken is very tender, about 15 minutes. Transfer the chicken to a clean plate and let cool briefly.

Meanwhile, stir the mushrooms, fennel, carrot, onions, and thyme into the sauce. Cover

and simmer until tender, 5 to 6 minutes. Stir in the mustard and butter, and keep warm.

When the chicken is cool enough to handle, pull the meat from the bones, shred into bite-size pieces (discard the skin and bones), and add to the sauce. Season to taste with salt and pepper and keep warm.

ROAST THE CARROTS

Put the carrots on a small rimmed baking sheet. Drizzle with the oil and season with ¼ tsp. salt. Roast the carrots until tender and lightly browned, 20 to 25 minutes. Keep warm.

MAKE THE WHIPPED POTATOES

Peel and quarter the potatoes. Put them in a 4-quart saucepan; add enough water to cover and 4 tsp. salt. Cover and bring to a boil over high heat. Uncover, reduce the heat as needed to keep the water from boiling over, and cook until tender when pierced with a fork, 12 to 15 minutes. Drain well. Return the potatoes to the pot over medium heat and stir occasionally until they no longer steam profusely (a little steam is fine), about 2 minutes.

Meanwhile, heat the milk in a small saucepan over medium heat until steaming, about 2 minutes. Keep warm.

With an electric hand mixer on medium-low speed, beat the potatoes until they're broken up, 1 to 2 minutes. Add ½ cup of the hot milk and the butter, and beat on high speed, scraping the sides and bottom of the

pot occasionally, until fluffy, 1 to 2 minutes (the potatoes should be fairly stiff, but add the remaining milk if needed). Season to taste with salt and pepper and keep warm.

ASSEMBLE

Spoon the whipped potatoes into a pastry bag fitted with a ½-inch plain tip (Ateco #806). Pipe the potatoes to form "bowls" on each of 6 plates; the bowls should be about 3 inches in diameter and about 2½ inches tall. Spoon the chicken stew into the bowls and garnish with the roasted baby carrots and the chives.

Abigail Johnson Dodge is a Fine Cooking contributing editor. Her most recent book is Desserts 4 Today: Flavorful Desserts with Just Four Ingredients. David Burke is the chef/owner of six restaurants, including David Burke Townhouse in New York City and Primehouse in Chicago. □

Piping mashed potatoes into a bowl that will hold the chicken stew is just one of the clever twists to this "pot pie."

For direct links to all these advertiser websites in one place, go to www.finecooking.com/shopping

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TEST KITCHEN

Tips/Techniques/Equipment/Ingredients/Glossary



TIP

Bruise lemongrass to release its flavor

Thai-style curries, like those on page 76, are often infused with the fragrance of lemongrass. To get the most flavor out of this citrusy stalk and into the curry, trim off the spiky top and the base, remove and discard the first few outer layers, and then bruise the lemongrass stalk by lightly crushing it with a pestle, a meat mallet, or the side of a large knife or cleaver.

—Jennifer Armentrout



INGREDIENT

Thai curry pastes

CURRY PASTES ARE A STAPLE of Thai cuisine. Made from chiles, spices, and aromatics like lemongrass, wild lime leaves, shrimp paste, shallots, garlic, and galangal, these concentrated blends are stirred into coconut milk or broth to become the sauce for fragrant Thai-style curries, like the ones in this issue's Cooking Without Recipes story (page 76). There are many types of Thai curry paste; the four below are the options used in the story.

You can make curry pastes from scratch—any good Thai cookbook will have recipes for them—but if you're pressed for time or aren't able to find all of the ingredients, store-bought pastes are a great option. (We like the Thai Kitchen and Mae Ploy brands.) Look for Thai curry pastes in well-stocked supermarkets and Asian groceries (or see page 94 for a mail-order source). Once opened, curry paste keeps for about a month in the fridge and three months in the freezer.



YELLOW CURRY PASTE, colored and flavored with turmeric, is the mildest. It's frequently paired with seafood.



RED CURRY PASTE is the most common in Thailand. Colored with dried hot red chiles, this fiery paste is typically used with chicken, beef, and duck.



PANANG CURRY PASTE is like red curry paste with the addition of peanuts. Curries made with this paste are often garnished with a drizzle of coconut milk.



GREEN CURRY PASTE, the hottest of all the curry pastes, gets its color from fresh green chiles. Pork and eggplant are the top choices for green curry. —J. A.

TECHNIQUE

Prepping lamb shanks

If you're making the Lamb Shanks en Papillotes on page 64, here's how contributor Molly Stevens recommends preparing them for cooking:



First, trim away any silverskin or thick deposits of fat.



Next, insert a paring knife along the bone near the top of the narrow end of the shank; slide the knife upwards to sever the tendon attached to this portion of the bone. Repeat as you work your way entirely around the bone. Cutting the tendons like this allows the meat to shrink away from this part of the shank, making for a neater, more attractive presentation.

Photographs by Scott Phillips; food styling by Jennifer Armentrout, except curry paste by Pamela Winn

TIP

Heat your pasta bowls

Pasta dishes, like the Asparagus Ravioli on page 59 and the Spaghetti with Green Garlic on page 14, are best served piping hot. This is easy to do if you heat the serving bowls. A few minutes before the pasta is done cooking, ladle some of the boiling pasta water into the bowls. Then, when you're ready to plate the pasta, just pour out the water and quickly towel-dry the heated dishes.

—J. A.

INGREDIENT

Upland cress

If you're from the southeastern part of the United States, you may already be familiar with upland cress; it's known there as creasy greens. This cousin of watercress has been foraged in the region for decades (it's popular in Great Britain, too). For the rest of us, upland cress is a relative newcomer to the produce aisle. Its flavor is peppery and pungent, like watercress but stronger.

Upland cress is great in sandwiches and salads (like the Grilled Asparagus and Steak Salad on page 60), and it also makes a nice garnish for soups and cooked meats, fish, or poultry.

If you buy hydroponically grown upland cress with its roots still attached, store it at room temperature with the root ball submerged in water; it'll last for about a week. Otherwise, store cut upland cress in your fridge's crisper drawer, wrapped loosely in a damp paper towel and sealed in a zip-top bag. It should also keep for about a week.

—J. A.

**TECHNIQUE**

3 ways to toast pine nuts

Heat releases and intensifies the rich flavor of pine nuts, which is why the Black Cod with Pine Nuts, Tomatoes, and Olives recipe and the Pork Chops Stuffed with Pine Nuts and Herbs recipe, both on page 19, call for toasted nuts. There are three ways to go about toasting the nuts, each with its own pros and cons:

OVEN Spread the nuts on a baking sheet and bake at 375°F, stirring occasionally, until golden-brown, 5 to 10 minutes.

Pro: The color of oven-toasted nuts is evenly golden.

Con: You have to heat the oven. We tend to use this method only if we're heating the oven for other reasons, too.

TOASTER OVEN Spread the nuts on the baking sheet that came with the toaster

TOASTER
OVEN



SKILLET



OVEN

oven and bake at 325°F, stirring frequently, until golden-brown, 3 to 5 minutes.

Pro: Produces results similar to those from a conventional oven, but a toaster oven heats up much faster and is more energy efficient.

Con: Closer proximity to the heating elements in a toaster oven increases the risk of burning the nuts, hence the need for more frequent stirring and a lower baking temperature.

SKILLET Put the nuts in a dry skillet and cook over medium-low heat, stirring frequently, until golden in spots, about 3 minutes.

Pro: The quickest and most convenient method.

Con: The nuts develop spotty, uneven color and burn more easily than with the two oven methods.

—J. A.



TIP

A better way to peel asparagus

Peeling asparagus can be frustrating. If you lay it flat on a work surface, your knuckles scrape the surface as you peel, and if you lift one end of the spear to make some clearance, the pressure from the peeler sometimes snaps the spear. Instead, try holding the spear by its tip and laying the rest of it on an overturned saucepan. The pan provides knuckle clearance and at the same time supports the spear against breakage. —J. A.



INGREDIENT

Salsa Lizano

Found in nearly every Costa Rican home, restaurant, and roadside food stand, Salsa Lizano is a smooth, light brown vegetable-based sauce with a touch of sweetness and a hearty punch of spice, including cumin, mustard, and turmeric. It's most commonly served as a condiment with rice and beans and tamales, but it's also used as a marinade for beef, pork, and chicken.

Salsa Lizano can also add a savory edge to vegetarian dishes, like the Rice and Beans with Fried Eggs on page 22. If you buy a bottle to make this dish (see page 94 for a mail-order source), you'll have plenty left over to try in other recipes. Here are some ideas to get you started:

Costa Rican Pulled-Pork Sandwiches

Cut 1 pound of boneless pork butt into large chunks and put them in a slow-cooker with fresh cilantro, chopped garlic, 1 chopped canned chipotle chile, and 1 cup of Salsa Lizano; cook on high until the pork is fork-tender. Shred the meat and pile it into split kaiser rolls.

Quick Arroz con Pollo

Sauté chopped yellow onion, green bell pepper, garlic, salt, and pepper in olive oil. Add shredded rotisserie chicken, Salsa Lizano, tomato sauce, cooked long-grain white rice, and frozen peas. Heat through and sprinkle with cilantro.

Lizano Burgers

Mix ground beef with minced white onion, garlic, jalapeño, and Salsa Lizano. Shape into patties and grill or broil until cooked to your liking. Serve on potato rolls with mayonnaise and ketchup.

Lizano Guacamole

Roughly chop a red onion and a tomato and mix them into mashed avocados. Add Salsa Lizano and minced jalapeños to taste. Serve with tortilla chips.

—Juli Roberts



TECHNIQUE

Cutting steak across the grain

In the recipe for Grilled Asparagus and Steak Salad on page 60, we call for slicing the steak across the grain (perpendicular to its muscle fibers). Doing so makes the steak seem tenderer because it shortens the length of the fibers, so chewing is easier. The tricky part of this is that if you lay a steak flat and slice it, you're actually cutting it with the grain. Here's the solution to this problem:



1 Cut the steak with the grain into 1- to 2-inch sections.



2 Flip each section onto a cut side and slice it—you're now cutting across the grain.
—J. A.

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WHERE TO BUY IT



rhubarb, p. 16

- **Ball regular-mouth jars with lids**, 8 oz. to 16 oz., \$8.49 to \$9.49 for six, freshpreservingstore.com, 800-421-1223.
- **Weck mini mold ¼-liter canning jars**, \$16.50 for six, weckcanning.com, 815-356-8440.

pound cake, p. 30

- **Traditional-Finish loaf pan**, 8½ x 4½ x 2¾ inches, \$16, williams-sonoma.com, 877-812-6235.
- **KitchenAid Classic Series stand mixer**, 4½-quart bowl, \$199.99, shopkitchenaid.com, 800-541-6390.
- **CIA Bakeware 17x12-inch cooling rack**, \$15.95, chefsresource.com, 866-765-2433.

brunch in the kitchen, p. 40

- **Dualit four-slice toaster in chrome**, \$339.99, amazon.com.
- **Glass Family water glasses designed by Jasper Morrison**, \$32 for four, alessi-shop.com.
- **Chambord 4-cup French press**, \$36.95, bodumusa.com, 800-232-6386.
- **White and silver tray**, \$29.95, pier1.com, 800-245-4595, for availability in stores.

From teroforma.com, 877-899-1190:

- **Lolo five-piece place setting**, \$80.
- **Medium white Oyyo plates**, \$27 each.

From simonpearce.com, 800-774-5277:

- **Medium Woodbury water pitcher**, \$115.
- **Large oval bird's-eye maple breadboard**, \$115.

From crateandbarrel.com, 800-967-6696:

- **Callopie green napkins**, \$7.95 each.
- **Cocktail shaker**, \$21.95.

From shoppersvineyard.com, 973-916-0707:

- **Partida blanco tequila**, \$43.99 for 750 ml.
- **St-Germain elderflower liqueur**, \$29.99 for 750 ml.

lamb, p. 62

- **Lamb shoulder chops, shanks, riblets, and boneless loins**, sandstoneridgefarm.com, 800-228-1943.
- **Shot on location** at Butcher's Best Market, Newtown, Connecticut, 203-364-0013.



test kitchen, p. 89

- **Salsa Lizano**, 23.6 oz., \$7.49, amigofoods.com, 800-627-2544.
- **Mae Ploy curry paste**, \$3.45 for 14 oz., grocerythai.com, 818-469-9407.



green garlic, p. 13

- **Christopher Ranch green garlic**, \$2.35 for a 2-oz. bag, christopherranch.com for retailers, 408-847-1100.

macarons, p. 68

- **Almond flour**, 16-oz. bag, \$11.53, bobsredmill.com, 800-349-2173.
- **Cuisinart spice and nut grinder**, \$39.95, williams-sonoma.com, 877-812-6235.

From cooksdream.com, 866-285-2665:

- **Ateco 14-inch plastic-coated pastry bag**, \$3.70.
- **Ateco #806 to #809 tips**, \$1.89 each.
- **Fat Daddio's half sheet pans**, \$8.14 each.
- **Fat Daddio's half sheet silicone baking mats**, \$13.14 each.
- **Ateco parchment**, 40 sq. ft., \$5.06.

asparagus, p. 56

- **White and purple asparagus**, melissas.com, 800-588-0151 for pricing and availability.

chicken pot pie, p. 84

- **Ateco 20-inch French rolling pin**, \$7.99, cheftools.com, 206-933-0700.
- **Cuisinart Prep 11 Plus food processor**, 11-cup bowl, \$199, cuisinart.com, 800-211-9604.
- **KitchenAid 7-speed hand mixer**, \$79.99, shopkitchenaid.com, 800-541-6390.
- **Ateco #806 tip**, \$1.89, cooksdream.com, 866-285-2665.
- **Large 17-oz. double-handled soup bowls**, \$32 for four, williams-sonoma.com, 877-812-6235.



salt-crusted fish, p. 48

From surlatable.com, 800-243-0852.

- **Pro Accurate instant-read thermometer**, \$10.95.
- **Taylor remote probe thermometer**, \$40.
- **Fresh fish** from Justin Marx at marxfoods.com, 866-588-6279.



NUTRITION

Recipes	Calories (kcal)	Fat Cal (kcal)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Mono Fat (g)	Poly Fat (g)	Chol (mg)	Sodium (mg)	Fiber (g)
GREEN GARLIC, P. 13											
Spaghetti with Green Garlic and Olive Oil	480	140	14	73	15	2.5	10	2	0	160	3
RHUBARB, P. 16											
Rhubarb Jam with Lime and Ginger (per 1 Tbs.)	45	0	0	11	0	0	0	0	0	0	0
PINE NUTS, P. 18											
Pine Nut and Chocolate Caramel Bars	310	170	3	31	20	9	5	3.5	35	35	1
Black Cod with Pine Nuts, Tomatoes, and Olives	520	380	22	12	42	6	20	11	55	700	3
Pork Chops Stuffed with Pine Nuts and Herbs	440	300	25	11	33	7	15	8	65	230	1
MAKE IT TONIGHT, P. 20											
Roasted Shrimp with Rosemary and Thyme	310	190	27	1	22	3	15	2.5	250	430	0
Brazilian Chicken Salad Sandwich	690	350	47	38	39	8	16	11	130	670	6
Slow-Cooker Steak and Guinness Pie	880	300	58	79	34	7	9	15	80	860	5
Spicy Peanut Noodles with Pork and Vegetables	620	260	26	65	29	6	6	3	50	1000	5
Rice and Beans with Fried Eggs	460	160	21	54	17	3.5	8	3.5	425	710	6
Matzo Brei with Fresh Chives	220	120	7	16	14	7	4	1	200	250	1
POUND CAKE, P. 30											
Classic Pound Cake	490	250	7	53	28	16	8	1.5	195	190	1
AN AFFAIR TO REMEMBER, P. 34											
Dandelion Salad with Pancetta, Eggs, and Croutons	350	260	11	10	30	6	18	3.5	130	1010	2
GOOD LIFE, P. 36											
Vegetable Sauté with Orange and Balsamic	100	60	2	10	7	1	5	1	0	170	3
BRUNCH IN THE KITCHEN, P. 40											
Tequila-Grapefruit Cocktails	230	0	0	13	0	0	0	0	0	0	0
Smoked Trout Salad with Cucumbers, Scallions, and Dill	440	180	25	39	20	6	10	2.5	95	990	2
Poached Eggs on Brioche Toast with Garlicky Mushrooms	520	360	12	28	41	14	18	3	295	440	4
Pancake Soufflé Muffins with Strawberry-Maple Syrup	340	80	9	56	9	5	2.5	1	125	480	1
SALT-CRUSTED FISH, P. 48											
Salt-Crusted Fish (3½-lb. salmon serving 4)	370	60	51	0	7	0	2	3	145	530	0
Lemon-Dill Beurre Blanc	170	140	0	2	15	10	4	0.5	40	100	0
Caramelized Onion and Sherry Vinaigrette	180	150	1	5	17	2.5	12	2	0	125	1
Fennel, Green Olive, and Mint Relish	60	50	0	4	6	0.5	3.5	0.5	0	250	2
ASPARAGUS, P. 56											
Asparagus Fries with Smoked Paprika Aioli	340	290	4	10	33	4.5	11	15	60	460	1
Shaved Asparagus Salad with Aged Gouda and Hazelnuts	120	90	4	5	10	2.5	6	1	10	220	1
Asparagus Ravioli with Brown Butter Sauce	510	340	13	33	38	19	12	3	90	620	3
Grilled Asparagus and Steak Salad with Hoisin Vinaigrette	350	170	29	19	19	4.5	12	2	55	610	3
LAMB, P. 62											
Lamb Shoulder Chops with Red Pepper-Shallot Butter	500	360	30	2	40	18	16	2.5	150	400	1
Lamb Shanks en Papillotes with Leeks, Carrots, and Rosemary	420	140	41	19	16	6	7	1	145	440	3
Roasted Lamb Loins with Mustard-Herb Crust	240	120	21	7	13	3.5	8	1	65	420	1
Vietnamese-Style Lamb Riblets with Dipping Sauce	340	220	19	11	25	9	10	3	75	1710	1
MACARONS, P. 68											
Almond Macarons with Lemon Curd (per 1 cookie)	90	35	2	13	4	1	0.5	0	30	20	0
Almond Macarons with Ganache (per 1 cookie)	110	50	2	13	6	2.5	1.5	0	10	15	1
Almond Macarons with Vanilla Buttercream (per 1 cookie)	100	45	2	13	5	2	1	0	10	15	0
THAI CURRY, P. 76											
Red Curry Shrimp and Tofu	370	230	21	19	26	19	2	3	85	700	4
Panang Curry Chicken	440	270	27	17	30	21	4.5	2.5	75	940	5
Green Curry Fish	400	210	28	23	24	19	2	1	35	710	3
Red Curry Pork	480	270	27	31	30	22	5	1.5	70	670	4
Yellow Curry Vegetables	420	270	21	25	30	20	3	5	0	1120	7
Panang Curry Pork	430	230	30	19	26	20	3	1	80	920	4
Green Curry Pork	410	230	29	18	26	20	3	1	75	710	3
Yellow Curry Shrimp and Scallops	360	200	24	20	22	18	1	0.5	105	1300	5
Yellow Curry Fish and Squid	390	210	25	22	23	19	1.5	1	155	1180	5
Red Curry Beef	440	250	24	26	28	21	3.5	0.5	50	620	3
Panang Curry Beef	450	250	29	23	27	21	4.5	0.5	50	920	5
Green Curry Chicken	430	270	25	19	29	21	4.5	2.5	75	720	3
CHICKEN POT PIE, P. 84											
Classic Chicken Pot Pie	860	420	45	64	47	20	19	4.5	195	770	7
Chicken Pot Pie with Fennel and Mushrooms in a Potato Bowl	890	420	32	87	47	20	20	4.5	135	1020	11

The nutritional analyses have been calculated by a registered dietitian at Nutritional Solutions in Melville, New York. When a recipe gives a choice of ingredients, the first choice is the one used. Optional ingre-

dients with measured amounts are included; ingredients without specific quantities are not. Analyses are per serving; when a range of ingredient amounts or servings is given, the smaller amount or portion

is used. When the quantities of salt and pepper aren't specified, the analysis is based on ¼ tsp. salt and ¼ tsp. pepper per serving for entrées, and ½ tsp. salt and ½ tsp. pepper per serving for side dishes.



MENUS



A Modern Passover

Apple and Almond Haroset

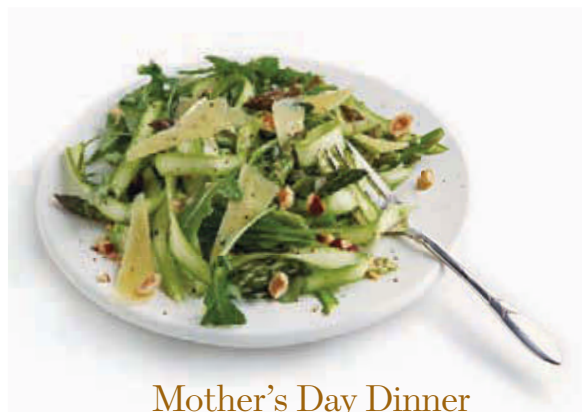
FineCooking.com

Lamb Shanks en Papillotes with
Leeks, Carrots, Rosemary, and Sage
page 64

Roasted Potatoes with
Rosemary, Lemon, and Thyme
FineCooking.com

Almond Macarons
with Lemon Curd Filling
page 70

*To drink: LanZur Shiraz 2010,
Lontue Valley, Chile (kosher)*



Mother's Day Dinner

Chicken Pot Pie with Fennel and
Mushrooms in a Potato Bowl
page 87

Shaved Asparagus Salad
with Aged Gouda and Hazelnuts
page 58

White Chocolate and Raspberry
Cheesecake
FineCooking.com

*To Drink: Kato Sauvignon Blanc
2009, Marlborough, New Zealand*

Spring Lunch

Tequila-Grapefruit Cocktails
page 42

Salt-Crusted Fish with Caramelized
Onion and Sherry Vinaigrette
page 51

Vegetable Sauté with
Orange and Balsamic
page 37

Lemon Tart with Walnut Crust
FineCooking.com

Easter Celebration

Butter Lettuce Salad with Creamy
Tarragon-Poppy Seed Dressing
FineCooking.com

Roasted Lamb Loins with
Mustard-Herb Crust
page 67

Fresh Peas with Lemon and Chives
FineCooking.com

Braised Fingerling Potatoes
with Thyme and Butter
FineCooking.com

Classic Pound Cake
page 31

Macerated Strawberries and
Whipped Cream

*To drink: Commanderie de Peyrassol
Rosé 2010, Provence, France*



Memorial Day Picnic

Lemongrass Lemonade
FineCooking.com

Brazilian Chicken Salad Sandwich
page 23

Quinoa and Avocado Salad
with Dried Fruit, Almonds, and
Lemon-Cumin Vinaigrette
FineCooking.com

Pine Nut and Chocolate Caramel Bars
page 18

Three Weeknight Dinners

Thai Curry
page 78

Steamed Jasmine Rice
FineCooking.com

Roasted Shrimp with
Rosemary and Thyme
page 20

Orzo with Lemon, Garlic,
Parmigiano, and Herbs
FineCooking.com

Spaghetti with Green Garlic
and Olive Oil
page 14

Dandelion Salad with Pancetta,
Eggs, and Croutons
page 35







RECIPE INDEX





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-  Classic Chicken Pot Pie **86**







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- Asparagus Ravioli with
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-  Smoked Trout Salad
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-   Tequila-Grapefruit Cocktails ... **42**
-  Vietnamese-Style
Lamb Riblets with
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-  Dandelion Salad with Pancetta,
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Chicken


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-  Classic Chicken Pot Pie **86**
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Beef, Pork & Lamb

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Lamb Shanks en Papillotes
with Leeks, Carrots, Rosemary,
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-  Vietnamese-Style
Lamb Riblets with
Sweet Soy Dipping Sauce **66**










Fish & Seafood

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-   Matzo Brei with Fresh Chives **21**
-   Poached Eggs on Brioche Toast
with Garlicky Mushrooms **44**
-   Rice and Beans
with Fried Eggs **22**
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and Olive Oil **14**
-  Yellow Curry Vegetables **82**

















Side Dishes

-  Asparagus Fries with
Smoked Paprika Aioli **61**
-   Vegetable Sauté with
Orange and Balsamic **37**


Condiments & Sauces

-   Caramelized Onion
and Sherry Vinaigrette **55**
-   Fennel, Green Olive,
and Mint Relish **54**
-   Lemon-Dill Beurre Blanc **55**
-   Rhubarb Jam with
Lime and Ginger **16**

Sweets

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-   Classic Pound Cake **31**
-    Chocolate Ganache **75**
-    Lemon Curd **75**
-  Pancake Soufflé Muffins with
Strawberry-Maple Syrup **47**
-   Pine Nut and Chocolate
Caramel Bars **18**
-    Vanilla Buttercream **75**

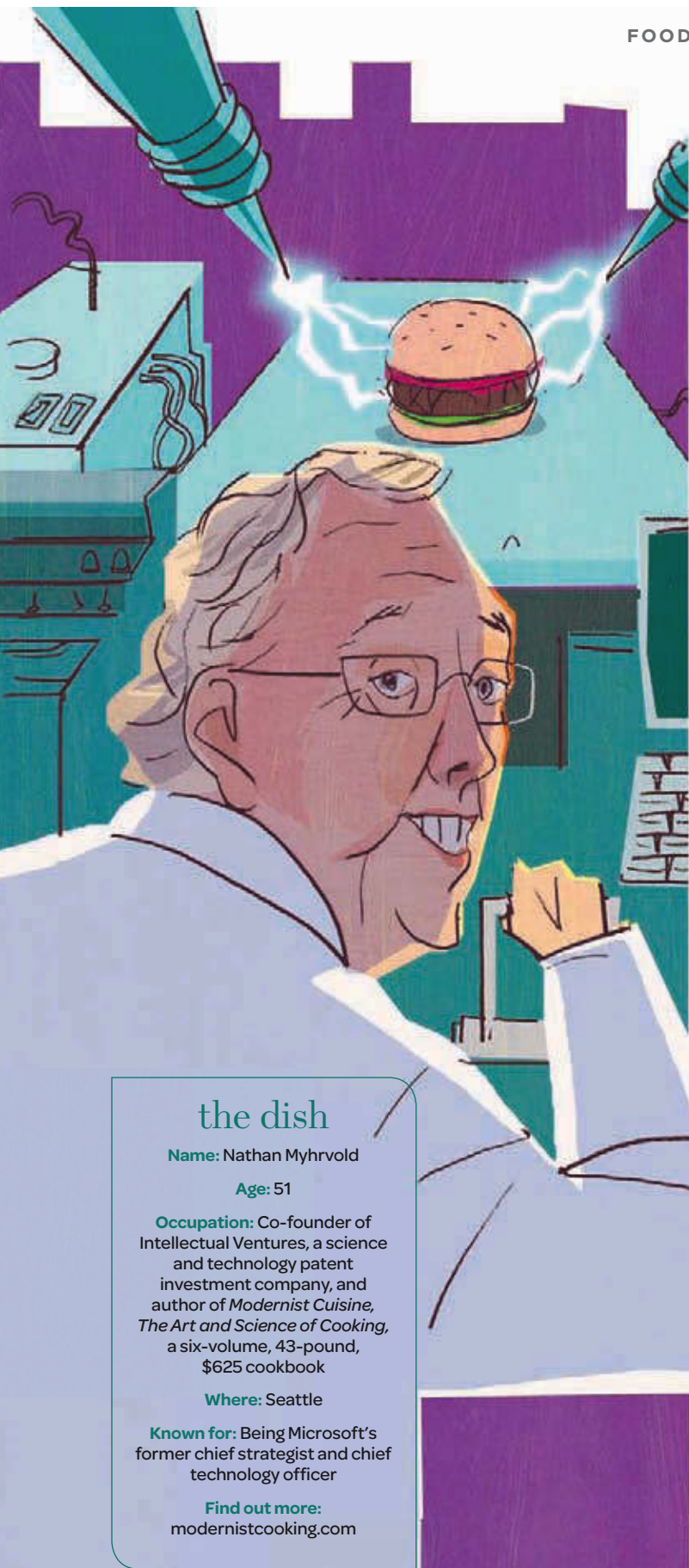
 **VEGETARIAN:** May contain
eggs and dairy ingredients

 **MAKE AHEAD:** Can be com-
pletely prepared ahead (may
need reheating and a garnish
to serve)

 **QUICK:** Under 30 minutes



FOOD FOR THOUGHT



the dish

Name: Nathan Myhrvold

Age: 51

Occupation: Co-founder of Intellectual Ventures, a science and technology patent investment company, and author of *Modernist Cuisine, The Art and Science of Cooking*, a six-volume, 43-pound, \$625 cookbook

Where: Seattle

Known for: Being Microsoft's former chief strategist and chief technology officer

Find out more:
modernistcooking.com

Dr. Nathan Myhrvold

Cooking may well be an art, but for this former Microsoft exec, it's a science, too. A weird science.

BY KELLY ALEXANDER

Fine Cooking: How did you go from being chief strategist at Microsoft to writing a cookbook?

Nathan Myhrvold: I've always been interested in food. When I was nine, I announced that I was going to cook Thanksgiving dinner. I went to the library and took out Julia Child's *Mastering the Art of French Cooking* and some Escoffier, and by God, I made Thanksgiving dinner.

FC: Have you had any professional culinary training?

Myhrvold: I took an intensive professional cooking program at La Varenne in France in the 1990s. It was the first time anyone had asked Bill Gates for a leave of absence to go to cooking school.

FC: So why do you think that anyone will want to read a six-volume cookbook?

Myhrvold: Who wouldn't want to read the definitive book explaining how cooking actually works? It's all about the new techniques and ingredients of the last 20 years, from how a modern stove functions, to sous vide cooking, to ingredients like xanthan gum.

FC: Xanthan gum?

Myhrvold: Sure. Seeing things like that in an ingredient list may take some getting used to, but it's really no stranger than calling for cream of tartar to stabilize egg whites in a meringue recipe.

FC: Is it true that you produced the recipes and photos for the book in a lab?

Myhrvold: Yes. It's called the Cooking Lab, and it's in a warehouse in Seattle. I hired

16 cooks, editors, designers, and photo editors to staff it. We have all kinds of things in there: a rotary evaporator for vacuum distillation, a spray dryer for turning liquid into powder, and a \$250,000 freeze dryer.

FC: There are some pretty unusual photos in the book, including images of kitchen equipment cut in half. Why was that necessary?

Myhrvold: We had to cut into things and photograph them to help readers visualize how cooking works. So we cut a Weber grill in half for the grilling section, and we cut a wok in half to show how to properly cook Thai.

FC: What's your favorite recipe in the book?

Myhrvold: The hamburger recipe is fantastic. From the top down, there's a bun toasted in beef suet; the glaze on the bun is made from suet, tomato confit, beef stock, and smoked salt. Then comes layers of maitake mushrooms and sous vide romaine lettuce that's been infused with liquid hickory smoke. Next, a vacuum-pressed tomato; a slice of cheese made from Emmental, Comté, and wheat ale; and a beef short rib patty that's been ground to vertically align the grain. Next, a layer of cremini mushroom ketchup with fish sauce. And last, the bottom of the bun.

FC: Wow! I'm beginning to understand why the book is so long.

Myhrvold: The ink alone weighs 4 pounds.

Kelly Alexander is an award-winning food writer who lives in Chapel Hill, North Carolina.

Illustration by A. Richard Allen



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